Genuine Empath

FEEL SEEN. FEEL HEARD. FEEL HOME.

GenuineEmpath.com

A GENUINEEMPATH.COM COMPANION CARD

The HSP Energy ROI Card

A one-page check-in for sensitive people who want to spend their energy wisely, not just save it

To go with "Not Everything That Drains You Is Bad for You"

START HERE

How to Use This Card

Tiredness tells you energy was spent. It doesn't tell you the spending was a mistake. This card helps you tell the difference.

This card goes with the article "Not Everything That Drains You Is Bad for You." Read that first, if you haven't yet. Then come back here.

Here's the idea. Most self-care advice asks one question: *how much did this cost me?* This card adds a second one. *How much did it give back?*

Because a long dinner with an old friend and a loud work party can leave you just as tired. But they aren't the same. You already know that… this card simply puts it on paper, so tiredness doesn't get the final word.

WHEN TO REACH FOR IT

- [ ] After a big day, a hard talk, or a night of hosting
- [ ] When you catch yourself thinking, "Maybe I should do less of this"
- [ ] Before you cancel, quit, or say no to something you used to love
- [ ] At the end of a week, to look back on one or two big moments

HOW TO FILL IT IN

1 Name it
Write down what you just spent energy on. One line is plenty.

2 Score it
Circle a number for cost and one for return. Go with your first answer. Then score the return again a day or two later.

3 Place it
0–2 counts as low. 3–5 counts as high. Tick the box where it lands.

4 Look closer
Answer the three questions. The last one matters most: can you lower the cost and keep the return?

Tip: print a small stack, or save this file and print a fresh card as you need one. A few weeks of cards side by side show you more than any single one ever could.

Sometimes the answer will be do less. That's okay. But sometimes it will be yes, more of this… and that yes is one to protect.

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The HSP Energy ROI Card

After a big day, before you decide anything: what did it cost, and what did it give?

Goes with the article "Not Everything That Drains You Is Bad for You"

1 What did I just spend energy on?

2 Score it. Circle one number on each scale.

COST
How depleted am I afterward?

0 — 1 — 2 — 3 — 4 — 5

RETURN
How much did this give me in meaning, connection, enjoyment, accomplishment or purpose?

0 — 1 — 2 — 3 — 4 — 5

Tip: score the return again a day or two later. Right after, almost anything big feels like too much.

3 Place the experience in one of four boxes.

0–2 counts as low · 3–5 counts as high

LOW COST	**LOW COST / LOW RETURN** ☐ Fine, but not particularly important. Filler. Not good, not bad.	**LOW COST / HIGH RETURN** ☐ Protect this. It gives back more than it takes.
HIGH COST	**HIGH COST / LOW RETURN** ☐ Question this. Lots out, little in. Doing less is honest accounting.	**HIGH COST / HIGH RETURN** ☐ Plan recovery for this. Don't quit it. Leave room afterward.

4 Look closer.

What specifically created the cost?

What specifically created the return?

THE BIG QUESTION

Could I reduce the cost without losing the return?

Maybe the meaningful dinner doesn't need to disappear. Maybe it ends at 9 rather than midnight. Maybe volunteering doesn't need to stop. Maybe two shifts become one. Maybe the friendship that runs deep stays exactly as it is... and you stop booking another social plan right after it.

"Energy is a resource to spend wisely, not a resource you win by never spending."

A word of care: this card is for ordinary tiredness, the kind sleep or a quiet weekend can fix. If rest doesn't lift it, or it comes with headaches, poor sleep, or feeling numb or hopeless, please talk with a doctor or a mental health professional.

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