

The Inner Battery

TOOLKIT

Worksheets, trackers, and check ins
to help you recharge, one day at a time

SLEEP · MOVEMENT · INTAKE · STILLNESS

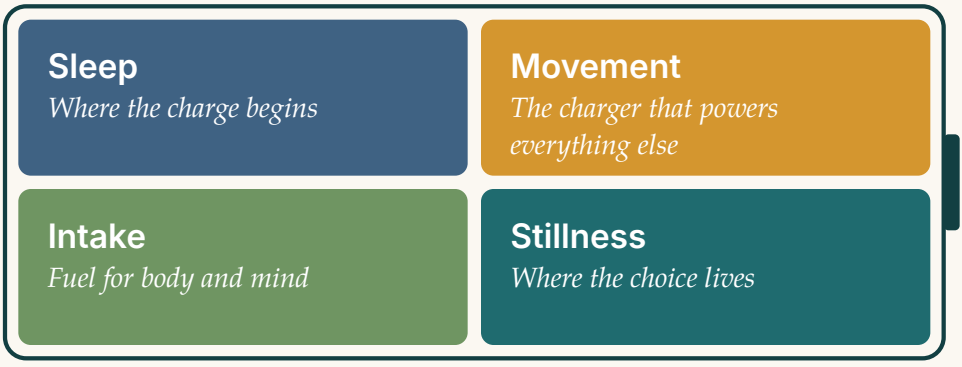
CHRIS PLATANOS

A companion to The Inner Battery

Your Inner Battery Toolkit

These are the tools from the book, gathered in one place. Type right into the boxes, tap to check things off, and save your copy. Come back whenever you need a recharge.

The Core 4



How to use it

START HERE	Quick Battery Check and My Why
DAY 1	Ordinary Day, Battery Check, Totals
DAYS 1 TO 30	30 Day Planner
WHEN IT FALLS APART	The Reset Check
EVERY MONTH	Monthly and Quarterly Check In
ANYTIME	Quick Reference and Charging Stations

Quick Battery Check

How charged is your battery right now, from 1 to 100 percent? Go with the first number that comes to mind.

Day 1	Day 30	Next check in
%	%	%

My Why

Lasting change starts at the center, with who you believe you are. Your why is what carries you on the hard days.

Why does recharging my battery matter to me right now?

Who in my life benefits when my battery is charged?

Your Ordinary Day

List what you do on an ordinary day, from waking up to falling asleep. Mark each one + if it charges your battery, − if it drains it, = if it feels neutral. No judging. Just noticing.

What I do	+ / − / =
Example: Glass of water before coffee	+
Example: Check my phone in bed	−

What surprised you about your ordinary day?

Your Battery Check

Score each statement 1 to 5 for how true it is right now.

5 almost always | 4 often | 3 sometimes | 2 rarely | 1 almost never

Sleep

Statement	Day 1	Day 30	Next
I wake up most days feeling rested.			
I go to bed at about the same time most nights.			
I give myself time to wind down before bed.			
I finish eating three to four hours before bed.			
I protect my sleep, even on busy days.			
Sleep total			

Movement

Statement	Day 1	Day 30	Next
I move my body with intention most days.			
I walk or get outside most days.			
I do some strength work at least twice a week.			
I break up long stretches of sitting.			
Movement feels like part of my day, not an extra.			
Movement total			

Intake

Statement	Day 1	Day 30	Next
I stay well hydrated through the day.			
Most of what I eat leaves me steady, not sluggish.			
I eat plenty of plants most days.			
I get natural light, especially in the morning.			
I'm mindful of what I take in through screens and news.			
Intake total			

Stillness

Statement	Day 1	Day 30	Next
I pause before I react when something upsets me.			
I prioritize a few quiet minutes for myself most days.			
I notice what I'm grateful for.			
I start my day on my own terms, before email or my phone.			
I feel present with the people I'm with.			
Stillness total			

Your Totals

Copy your pillar totals from the Battery Check, then add all four for your overall battery. Use the key below to see where you are.

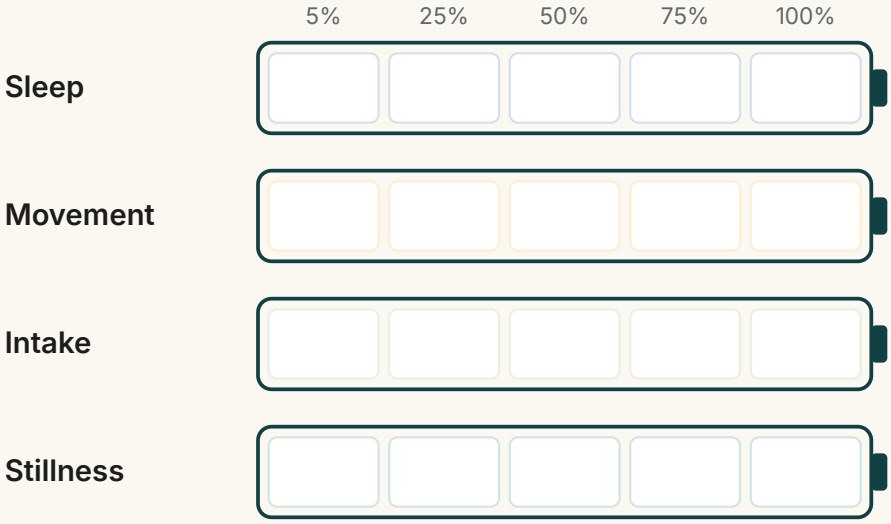
Pillar	Day 1	Day 30	Next
Sleep			
Movement			
Intake			
Stillness			
Overall battery			

What your battery is telling you

Battery	Pillar	Overall	What it means
100%	23 to 25	92 to 100	**Fully charged.** A real strength.
75%	18 to 22	72 to 91	**Mostly charged.** Solid, with room to grow.
50%	13 to 17	52 to 71	**Half charged.** Some days it's there, some days it isn't.
25%	8 to 12	32 to 51	**Running low.** This pillar may be asking for your attention.
5%	5 to 7	20 to 31	**In the red.** A little care here could make the biggest difference.

Shade Your Batteries

For each pillar, tap the cells up to your battery level. Watch it charge as you go.



YOUR FOCUS QUESTION

Which pillar, if I gave it intentional effort this week, would make the biggest difference in how I feel?

The pillar I will focus on: _____

30 Day Planner

One small intention a week, small enough to keep on your hardest day. Check off each day you keep it.

Week 1 Pillar _____

When _____

I will _____

Kept it M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐

Week 2 Pillar _____

When _____

I will _____

Kept it M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐

Week 3 Pillar _____

When _____

I will _____

Kept it M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐

Week 4 Pillar _____

When _____

I will _____

Kept it M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐

I will share my intentions with: _____

Reminders set: ☐ Daily ☐ Monthly ☐ Quarterly

The Reset Check

For the days when your battery runs low and your habits start to slip. Three questions, then one small step.

1. **Is it the situation, or my expectation?**

2. **Which pillar needs charging first?**

3. **What is one small step I can take today?**

Our past is behind us, and it couldn't have been otherwise. Our future is not promised. We are exactly where we are supposed to be. So we start again, and we do our best.

Monthly Check In

Ten minutes, once a month.

What's working?

What's slipping, and what would help?

What's one intention for the month ahead?

Quarterly Battery Check

Every few months, retake the battery check and record your totals.

Pillar	Month 3	Month 6	Month 9	Month 12
Sleep				
Movement				
Intake				
Stillness				
Overall battery				

Core 4 Quick Reference

Your four pillars, their anchors, and the person you are becoming, all on one page.

Sleep **The three D's:** Dinner, Dark, Downtime	*I am someone who…*
Movement **The three S's:** Steps, Strengthen, Stretch	*I am someone who…*
Intake **The three W's:** Water, Whole, Watch	*I am someone who…*
Stillness **The three P's:** Pause, Practice, Presence	*I am someone who…*

My nonnegotiable: _____

Charging Stations

Books, resources, and practices to help you go deeper. Tap any title to open it.

GETTING STARTED

- **Atomic Habits**
- **Tiny Habits**
- **The Miracle Morning**
- **The Book of Awakening**
- **The Wellness Journey**

SLEEP

- **Why We Sleep**
- **The Sleep Revolution**
- **National Sleep Foundation**
- **CBT-i Coach**

MOVEMENT

- **Built to Move**
- **The Joy of Movement**
- **Spark**
- **Yoga With Adriene**

INTAKE

- **How Not to Die**
- **NutritionFacts.org**
- **The Game Changers**
- **The Blue Zones**
- **Digital Minimalism**

STILLNESS

- **The Power of Now**
- **A New Earth**
- **Breath**
- **Wherever You Go, There You Are**
- **Palouse Mindfulness**
- **Insight Timer**

MORE SUPPORT

- **988 Suicide & Crisis Lifeline**
- **NAMI HelpLine**
- **Psychology Today Therapists**
- **Alzheimer's Association Helpline**
- **Family Caregiver Alliance**



Keep Charging

Your battery will rise and dip. That's part of being human. What matters is that you keep coming back.

Retake your battery check whenever you need a recharge, and start again wherever you are, with one small step.

For weekly reflections, visit *The Wellness Journey* at chrisplatanos.substack.com

For individual coaching, team workshops, or to connect, email christopherplatanos1@gmail.com

Wishing you love and peace ❤

Chris