

The Wired Human Recharge Map

Your energy. Your capacity.
How you show up for others.

A practical guide for depleted days
and sustainable leadership.

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Your charge matters today



**A charged AA battery can be more useful
than a drained battery with newer technology.**

Skill matters. So does the capacity to use it.

You can care for the person you are today
and keep improving how you show up.

The best you helps you lead at your best.



When you feel depleted



1 Meet one immediate need

Food, water, rest, or a moment away from demands. What can you meet now?



2 Make today smaller

Choose the next essential task. Ask what can wait, move, or belong to someone else.



3 Let someone help

“Could you take this task?”
“Can you listen for ten minutes?”



4 Choose one recharge area

Find one small, workable step. You can begin without fixing everything.

If exhaustion persists or disrupts daily life, speak with a healthcare professional. You can seek help sooner.

Six areas worth checking



Body

Do I have physical fuel and rest?

Mind

Do I have room to think and focus?

Emotions

Can I acknowledge what I feel and respond?

Connection

Do I feel supported and able to belong?

Purpose

Does today connect with what matters to me?

Agency

Do I have choice and a sense of progress?

The areas overlap. This original Wired Human coaching tool supports reflection. It is not a validated assessment.

Your energy inventory

0 = depleted 5 = enough for today 10 = well resourced

Area	My score	What feels missing?
Body	____ / 10	Do I have physical fuel and rest?
Mind	____ / 10	Do I have room to think and focus?
Emotions	____ / 10	Can I acknowledge what I feel and respond?
Connection	____ / 10	Do I feel supported and able to belong?
Purpose	____ / 10	Does today connect with what matters to me?
Agency	____ / 10	Do I have choice and a sense of progress?

Choose one area where a small change feels possible.
Write one drain and one thing that has helped you before.

Body



Physical fuel and recovery



What basic need have I been postponing?

“I am tired before the day even starts.”

What drains this area

Missed meals, poor sleep, long stretches without movement, or pushing through discomfort.

A small recharge today

Eat something if you skipped a meal. Step away for a few minutes, stretch, or take a gentle walk that fits your ability.

A habit that can help

Protect a realistic sleep window. Arrange one regular break or meal before the day fills up.

Mind



Space for attention



**What can I stop holding
in my head?**

“Everything is competing for my attention.”

What drains this area

Constant notifications, switching tasks, unclear priorities, or carrying unfinished work in your head.

A small recharge today

Write down what is on your mind. Choose one next action and give it ten minutes with avoidable alerts off.

A habit that can help

Create a short period for focused work. At shutdown, note what comes next and when you will return to it.

Emotions



Room for what you feel



What am I carrying that needs attention?

“I am on edge, numb, or holding too much.”

What drains this area

Unresolved tension, hiding feelings, self-criticism, or absorbing everyone else's distress.

A small recharge today

Name the feeling and what you need. Take a quiet pause or use comfortable, unforced breathing before you respond.

A habit that can help

Make space to process with a trusted person. Plan something enjoyable that asks little of you.

Connection



Support and belonging



With whom can I be honest about how I am doing?

“I am surrounded by people but feel alone.”

What drains this area

Only having task-focused contact, feeling unseen, conflict, or always being the person who gives support.

A small recharge today

Ask someone safe: “Can you listen for ten minutes? I do not need you to solve it.” Or request one concrete favor.

A habit that can help

Protect regular time with someone who helps you feel understood. Build support that goes both ways.

Purpose



A reason that matters to you



**What would make today
feel worthwhile?**

“I am busy, but I cannot see the point.”

What drains this area

Losing sight of impact, acting against your values, or letting urgent requests crowd out meaningful activity.

A small recharge today

Choose one value you want to express today. Make it visible through a small act, such as giving someone full attention.

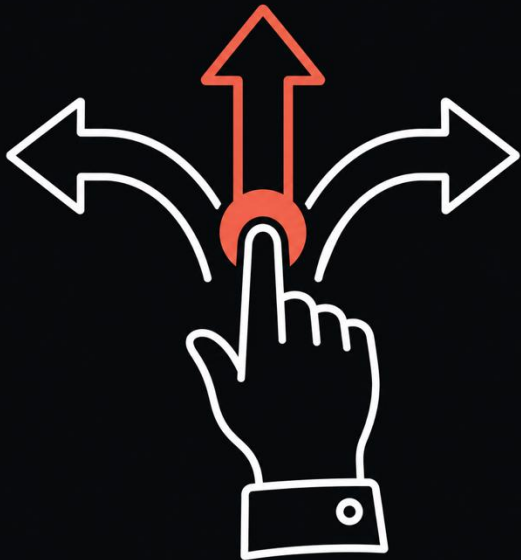
A habit that can help

Notice who benefits from your work. Make room for a meaningful activity outside work, including faith or service if it fits you.

Agency



Choice and achievable progress



Where do I need more choice, clarity, or support?

“Everything happens to me. I am falling behind.”

What drains this area

Having little say, unclear expectations, impossible standards, or responsibilities without enough resources.

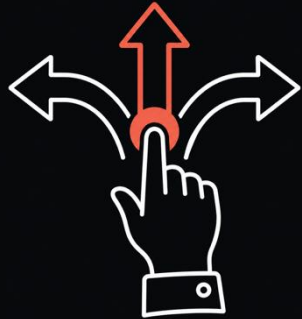
A small recharge today

Name one choice you still have. Finish one manageable step, or ask what “good enough” means for this task.

A habit that can help

Negotiate one boundary or decision you can own. Practice one useful skill at a manageable level and notice progress.

Reducing the drain



**A recharge plan also
needs a demand plan.**

What I can change

Move a deadline. Reduce a task's scope. Take a real break from work. Agree on when to check messages.

What needs shared action

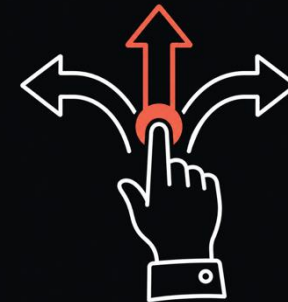
Raise repeated overload, unclear roles, missing resources, or unsafe behavior with someone who can change the conditions.

**“I can complete A by Friday. If B is also urgent,
what should move, or who can help?”**

Being yourself, with a little more skill



Your capacity today



Your growth over time

What would help me show up with a little more steadiness right now?

Take a short pause before a difficult conversation.

What small skill would make this situation easier next time?

Practice one clear question before offering advice.

Rest may fit a depleted day. Learning may fit a day with more room.

My recharge plan for the next seven days



The area I want to support



A drain I will reduce or discuss



A recharge I will try, and when



A person or resource that can help

**After seven days: What helped? What got in the way? What will I adjust?
Notice patience, attention, or recovery. Keep what works for you.**

Research behind the Recharge Map



Energy management

Jim Loehr & Tony Schwartz (2003), *The Power of Full Engagement*.
Tony Schwartz & Catherine McCarthy (2007), “Manage Your Energy, Not Your Time.”
The original dimensions cover body, emotions, mind, and spirit / purpose.

Psychological needs

Richard Ryan & Edward Deci (2000), *American Psychologist*, 55(1), 68–78.
Autonomy, competence, and relatedness inform Connection and Agency.

Recovery experiences

Sabine Sonnentag & Charlotte Fritz (2007), *Journal of Occupational Health Psychology*, 12(3), 204–221. Detachment, relaxation, mastery, and control inform recovery options beyond passive rest.

Sources and model boundaries

**Wired Human created the grouping, prompts, and coaching exercises.
The six areas overlap. “Energy” is a practical metaphor for capacity.
The complete Recharge Map has not undergone assessment validation.**

Further guidance

NIMH, Caring for Your Mental Health (reviewed April 2026).
WHO, Mental health at work (September 2026).

Energy management

<https://www.physicianleaders.org/articles/manage-your-energy-not-your-time>

Psychological needs

https://selfdeterminationtheory.org/SDT/documents/2000_RyanDeci_SDT.pdf

Recovery research

<https://doi.org/10.1037/1076-8998.12.3.204>

Self-care and support

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

Work conditions

<https://www.who.int/news-room/fact-sheets/detail/mental-health-at-work>