



ENERGY REVIEW

1. ENERGY LEAKS: Circle any you've felt or experienced in the past few weeks.

Depleted
Fearful
Resentful
Anxious

Self-Doubt
Stuck
Self-Deprecating
Lonely

Overwhelmed
Ruminating
Taken for granted
Reliving past hurts

2. ENERGY RESTORE: Clear your mind and consider the activities, people, and places that restore your energies. Include the simple (walk in the AM) to the sublime (waking up at the beach). Create a list of at least 5, noting how each makes you feel and how your body responds. Ex. Sunday mornings with the newspaper. Grateful and relaxed.

| <i>Energy restoring event/person</i> | <i>Feeling in your body</i> |
|--------------------------------------|-----------------------------|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |

3. ENERGY STYLE: Driver, Organizer, Collaborator, Visionary

4. ENERGY PRACTICES: Specify 3 that you'll build in to each week.

1.

2.

3.

