

ENERGY—ENGAGEMENT MAP WORKSHEET

- List your top energy giving or draining regular activities/engagements:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

- Draw a bar of each one's (+) or (-) energy effect.

- What do you notice about your energy patterns?

.....
.....

- What relatively accessible changes can you make to improve your energy flows?

.....
.....
.....

