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?