



ENERGY JOURNAL

For the next 2 weeks, carry this paper and a pen with you and pay attention to how you feel as you do tasks throughout the day. While some activities will be “energy neutral,” many activities will either give you a “hit” of positive energy (ENERGIZERS) or will feel like they are draining the life out of you (DRAINERS). Write these activities below, and at the end of 2 weeks look for patterns. ***The goal: do more of what energizes you and less of what doesn't.***

ENERGIZERS

DRAINERS