



Fill Your Energy Tank!

Ready to create more energy in your life? Let's do it! Begin by taking a moment to think about the persons, places, things, experiences, thoughts, feelings, and even foods in your life right now. What drains your energy? What gives you energy?

List the top 10 energy drainers in your life today.

- | | |
|---|----|
| 1 | 6 |
| 2 | 7 |
| 3 | 8 |
| 4 | 9 |
| 5 | 10 |

Now, list the things that give you energy, joy, and the feeling of being fully alive!

- | | |
|---|----|
| 1 | 6 |
| 2 | 7 |
| 3 | 8 |
| 4 | 9 |
| 5 | 10 |

Time to create energy! Look back over your list. What drainers can you reduce or eliminate from your life today? How can you incorporate more of the things on your list that brings joy and gives you energy?

That's it! It's as simple as that. Now the challenge.....practice, practice, practice and then repeat every day!



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