

Discover Your Energy Flows



Think of all the things you do in a given day. List the activities, situations, people and food that give you energy and which ones take away your energy. Keep this list handy for quick reference on a challenging day.

Energy Enhancers

Activities

Situations

People

Food

Energy Depleters

Activities

Situations

People

Food

Define New Measures



Notice what you feel about the following questions. Be honest with yourself as you discover how to change the way you have been judging yourself.

1. What do you define yourself by? *For example, the amount of money you make / how good you look / the awards you've received / your relationships? Write down all the ways you have been judging yourself here...*

2. What character traits do you value most in other people?

3. What character traits do you value in yourself?

4. What character traits do others value in you?
If you don't know, ask them and write their responses below.

5. List out below a new set of values to measure yourself by. *Keep these new measures handy. Etch them in your mind. Pledge to use your own value system when the judgemental aspect of you raises its head.*