ENERGY RENEWAL PLAN

List things in life that give you energy: ______________________________________
____________________________________
____________________________________
____________________________________

List things in life that drain your energy: _____________________________________
____________________________________
____________________________________
____________________________________

Which energy centers most need to be improved (physical, mental, emotional, and/or spiritual)?
____________________________________

How full is my bucket? _________________________________________________________

What depletes my physical energy the most? My emotional energy? Etc. ______________

What actions can I take to fill my bucket? _________________________________________

What can I do to ensure my bucket is not empty? _________________________________

How does this relate to your ability to effectively engage in your work? _______________

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