

WHAT ENERGIZES ME?



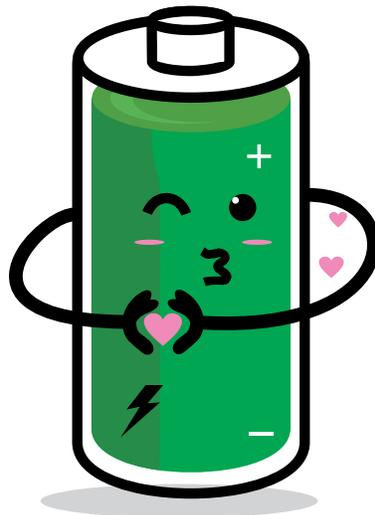
Write down the things that gives you energy.



Example:

10min walk after my classes

Empty rounded rectangular box for writing.



Empty rounded rectangular box for writing.



WHAT DRAINS ME?



Write down the things that gives you energy.

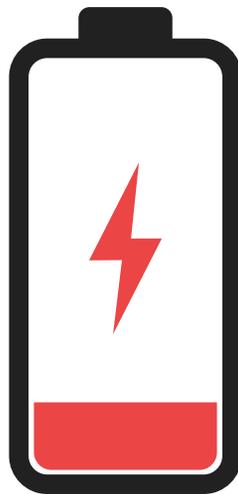


Empty rounded rectangular box for writing.

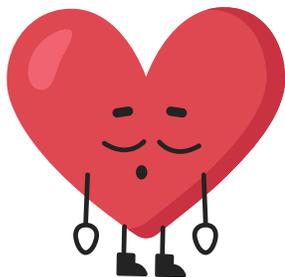
Spending long hours
in large groups

Empty rounded rectangular box for writing.

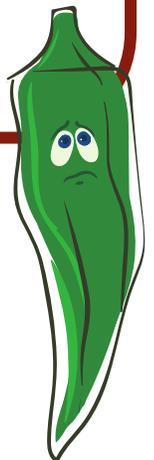
Empty rounded rectangular box for writing.



Empty rounded rectangular box for writing.



Empty rounded rectangular box for writing.



Name: _____ Date: _____

My Plan to Maintain Balance

These are the things I will keep doing to bring energy to me, and
maintain balance:

These are the boundaries that I will have to preserve my energy and
time for other commitments: