

DESIGNING YOUR LIFE

ENERGY - ENGAGEMENT MAP WORKSHEET

- List your top energy giving or draining regular activities/engagements:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

- Draw a bar of each one's (+) or (-) energy effect.

- What do you notice about your energy patterns?

- What relatively accessible changes can you make to improve your energy flows?

