



ENERGY DRAINERS

In the spaces provided, list things that drain your energy under each category. Use additional paper if necessary.

Things that Drain Me Physically	Things that Drain Me Emotionally	Things that Drain Me Spiritually	People and/or Relationships that Drain Me	Things that Drain Me in my Home

Other energy drainers in my life not mentioned above:

When you have completed your lists, go back and put a letter in the space at the left of each number. Write O by the items you can overlook Write A by the items that need some action. In the space below, list some actions you can take to reduce the energy drainers marked with an A.



THINGS THAT GIVE ME LIFE

In the spaces provided, list those things that bring you life under each category. Use additional paper if necessary.

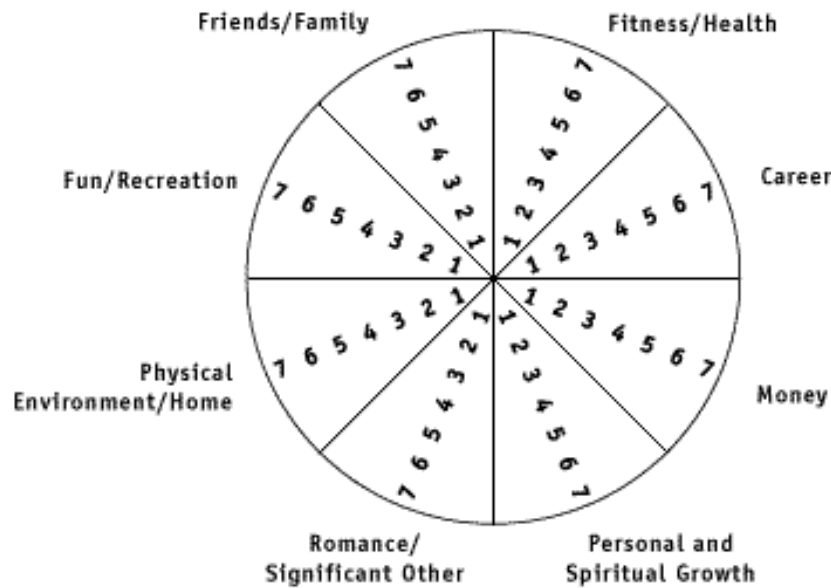
Things that Physically Give Me Life	Things that Give Me Emotional Life	Things that Give me Life Spiritually	People and Relationships who Give Me Life	Things in My Home that Give Me Life

Other life-giving things and activities I didn't mention above:

When you have completed your lists, go back and put a letter in the space at the left of each number. Write O by the items you can overlook Write A by the items that need some action. In the space below, list some actions you can take to add more life-giving people, activities, and space to your life:

LIFE BALANCE

If you are printing this out for yourself, circle the numbers as they apply to your life, rating each area on a scale of one to seven (7 being highest). Connect the circles you have marked in and you will easily see where any imbalance lies.



List a number for each area:

Friends and family: ____
 Fitness/Health: ____
 Career: ____
 Personal and Spiritual Growth: ____
 Physical Environment/Home: ____
 Money: ____
 Romance/Significant Other: ____
 Fun/Recreation: ____

For the areas you rated low, what can you do to raise each area by 2 points?

What action steps will you take as a result of this exercise?