

Managing Your Most Precious Resource: Your Energy
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MY CORE VALUES ARE:

- 1.
- 2.
- 3.
- 4.
- 5.

The "Stuff" of my Life: Where I invest my energy	Energy Flow	Porridge Rating	Control Rating	Who Cares?	My Values	My Values
	DEN	CHR	SLN	MOB	H	I
	IMPACT ON MY ENERGY: Drains, Energizes, Neutral, Both	HOW DO I FEED ME? Cold-too little; Hot-too much; Right	WHAT CONTROL DO I BELIEVE I HAVE? Some/Lots/None	WHY DO I DO THIS? Me, Other, Both	Which values are Honored?	Which values are Ignored?
GETS MY JUICES FLOWING:						
DREAD:						
NEUTRAL:						
KEEP PUTTING IT OFF:						
PRIMARY RELATIONSHIPS						
FRIENDSHIPS						
CAREER - WHAT, WHERE, WITH WHOM						
PHYSICAL ENVIRONMENT						
PLAY, AVOCATIONS, CREATIVITY						
VOLUNTEERISM						
SELF-CARE						
THOUGHTS, ATTITUDES, BELIEFS						
STUFF I NEVER MAKE TIME FOR						