

Mindfulness: What Affects Your Energy?

| Think about the events of the last week. |
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| Complete both of the tables below. |
| List all those things that nourished you and increased your well-being |
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| List all those things that depleted you and decreased your well-being |
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| What have you noticed as a result of completing these lists? | |
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| What could you do to increase the things that nourish you? | |
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| How could you approach those things that deplete your resources? | |
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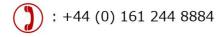
What strategies or actions can you put in place that will be helpful to you?

 1.

 2.

 3.







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