



# Mindfulness What Affects Your Energy?

# Mindfulness: What Affects Your Energy?

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Think about the events of the last week.

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?

A large, empty rounded rectangular box with a dark blue border, intended for the user to write their observations.

What could you do to increase the things that nourish you?

A large, empty rounded rectangular box with a dark blue border, intended for the user to write their ideas for increasing nourishment.

How could you approach those things that deplete your resources?

A large, empty rounded rectangular box with a dark blue border, intended for the user to write their strategies for approaching resource depletion.

# Mindfulness: What Affects Your Energy?

What strategies or actions can you put in place that will be helpful to you?

1.

2.

3.

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