

ENERGY AUDIT 1

Things That Energize Me (Credit)	Things That Drain Me (Debit)

Questions:

Which of these energy credits do you feel you would like to put into your life to get a better Return on your Invested Energy (ROIE) in work and life?

Which of the energy debits do you sense you can/want to get rid of or transform to positive energy credit?

Remember: Take Micro-Steps to Success