

Investing Building your Emotional Energy

Reflect (record in pencil if possible) on how your day went today

Date / Time

1. In what did you invest your emotion/energy? (People, anxiety, work et.)

2. Did you invest more or less emotion/energy in your activities than you anticipated/expected?

3. What did you learn about how you are investing your emotional energy? Any surprises?

4. What action(s) will you take from what you observed in this exercise?

