Ashly's Bio-Balance

Energy Journal

From this activity you will get a clear picture of what excites you and what is pulling much needed energy from you. Once you complete this exercise, do what you can to begin eliminating as much of the energy drainers from your life as possible.

Make a list of all activities/thoughts/beliefs/people that bring Energy into your life. These are Energy Gainers.

Make a list of all activities/thoughts/beliefs/people that drain energy from you.