

What Sucks Your Energy?

*The cycle of vitality is a cycle of inward and outward movement.
Write down the situations, people, behaviors, etc that “suck” your energy.
Make notes next to each and then follow the reflection questions!*



REFLECTION

- What do you notice about what you wrote above?
- What patterns or themes seem to stand out?
- Do you have a particular physical reaction to any in particular?
- So what might that mean for you?
- Are there boundaries you need to set? Something you need to say yes or no to?
- Be gentle and compassionate with yourself. What would you like to say to or ask of yourself?

