



Balance

The purpose of this exercise is to create an overview of what gives you energy and what takes energy from you so that you can create a balance between them.

Red energy = what takes energy from you

For example, standing in line, fighting with your spouse, stress at work, worrying over this month's economy, someone being sick or passing away.

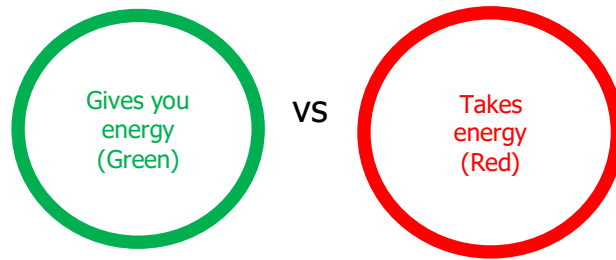
Yellow energy = what creates structure in your life

For example, cleaning, washing, planning and paying bills.

Green energy = what fills you with energy and joy

For example, being out in nature, reading, time alone to reflect, training, family and friends.

Green vs red energy



Green energy:

Red energy:
