

Home assignment

	<p>Red energy (What takes energy)</p> <p>Fighting with your spouse, worrying over you economy, sadness from someone being sick, bad thoughts, annoying people etc</p>	<p>Yellow energy (What creates structure in your life)</p> <p>Cleaning, planning, paying bills, washing, structuring things etc</p>	<p>Green energy (What fills you with energy and joy)</p> <p>Working out, spending time with friends, family, reading, philosophize</p>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			