## WHAT ENERGIZES ME? CHAOS TO CALM

Use this worksheet to record the activities that energize you as well as the things that drain you. Everyone is different. These are important to identify because they are practices you will want to either incorporate into or exclude from your times of rest. Be sure to include activities that affect you physically, mentally/emotionally and spiritually.

| What fills me up | What drains me |
|------------------|----------------|
|                  |                |
|                  |                |
|                  |                |
|                  |                |
|                  |                |
|                  |                |
|                  |                |
|                  |                |
|                  |                |
|                  |                |
|                  |                |
|                  |                |
|                  |                |
|                  |                |
|                  |                |
|                  |                |
|                  |                |
|                  |                |
| -                |                |
|                  |                |
|                  |                |
|                  |                |