



The Audit: **WHAT'S REALLY ON YOUR PLATE?** = ENERGY OUT

Consider your days and weeks...How do you spend your precious energy, time, thoughts?
Family, Friends, Work, Household, Pets, Community, Church, Finances, Other projects, Self-Improvement,
"Should's," Worries, Emotions, Stories, Guilts, Dreams, Etc.

Write down anything on which you spend mental, emotional, physical, or spiritual energy.

Which things best represent your values? Which are in line with your purpose?

Which use your unique strengths?

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WHAT SUPPORTS YOUR PLATE? = ENERGY IN

What do you do to take care of yourself?

What renews you, gives you energy- physically, mentally, emotionally spiritually?

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