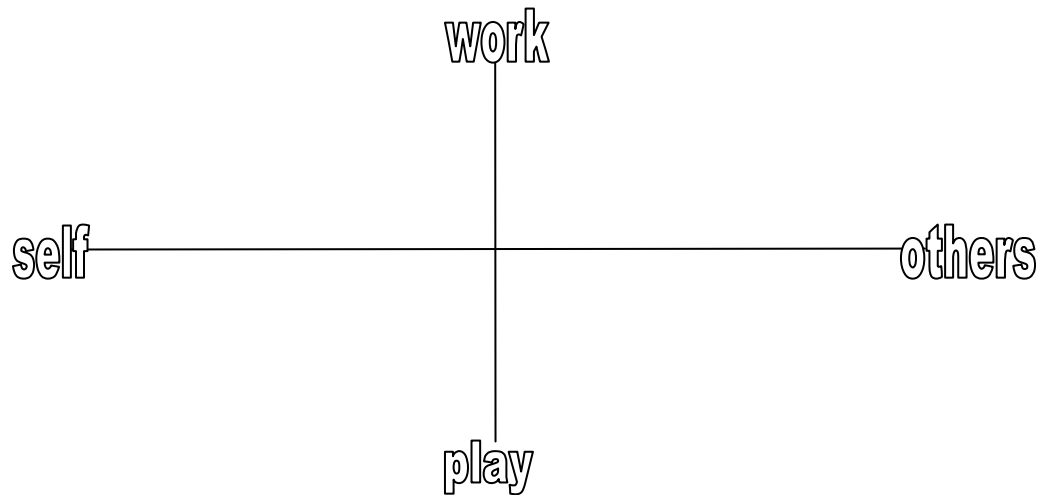




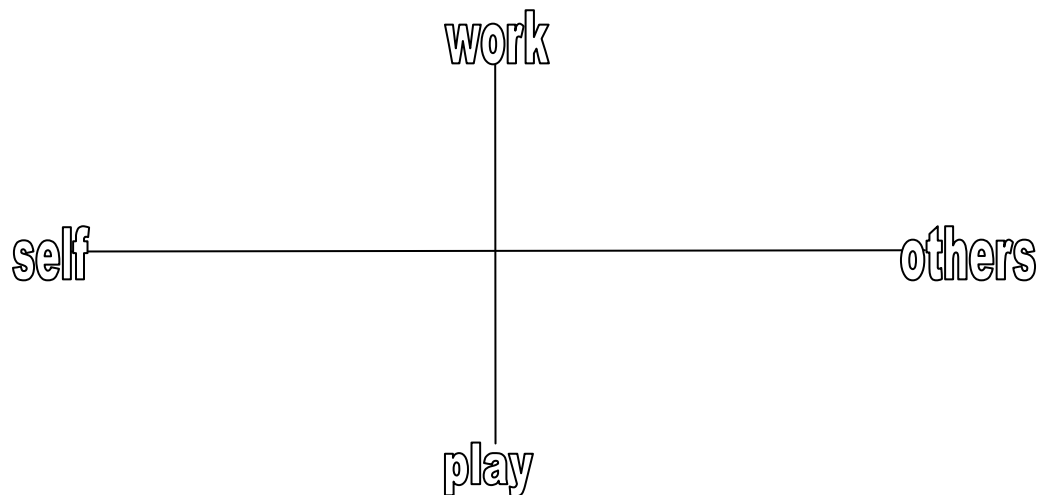
## ENERGY EQUILIBRIUM

How do you currently commit your time and energy? Place a mark on each line which you think indicates how much time and energy you give to each aspect of your life. Start from the centre and move out.



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How would you prefer to allocate your time and energy? Again, place a mark on the line.



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In each quadrant fill in some of your regular activities. Which areas predominate in your life?

**RECEIVING**

(things done for you by others)

**INTERNAL/SELF**

(things you do because you want to)

**EXTERNAL/OTHERS**

(things you do because you have to, should, or ought to)

**GIVING**

(things you do for others)

Colour in the words with energy colours that are memorable to you.

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