| | gives me energy. | drains my energy. |
|----------------|------------------|-------------------|
| activities. | | |
| | | |
| people. | | |
| | | |
| work. food. | | |
| | | |
| | | |
| entertainment. | | |
| | | |
| exercise. | | |
| | | |
| | | |
| energy ma | anagement goa | als for the weel |
| | | |