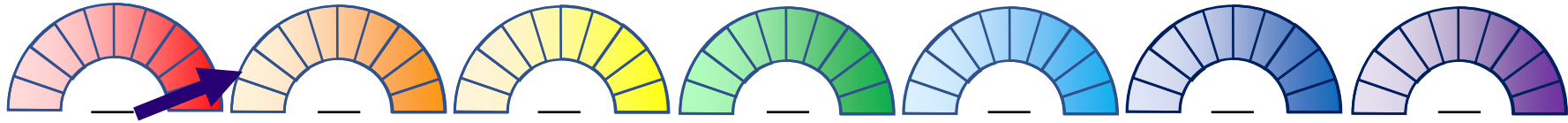


Energy	Connection to Others	Fear/Calm	Sense of Love	Expression of Self	Clarity	Sense of Purpose
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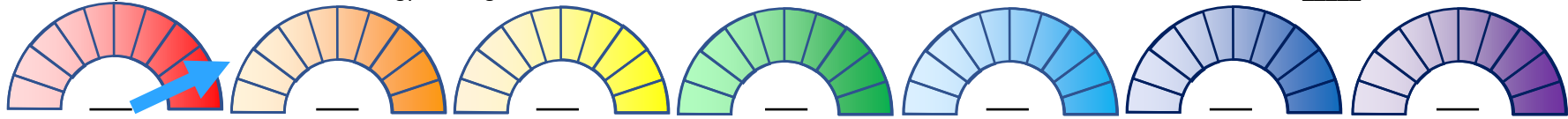
Activity Where Your Physical Energy was High:

Score: \_\_\_\_



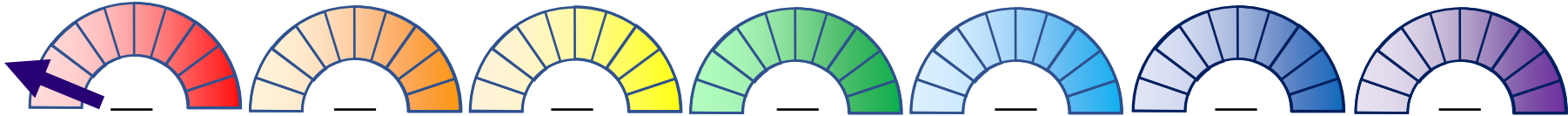
Activity Where Your Emotional Energy was High:

Score: \_\_\_\_



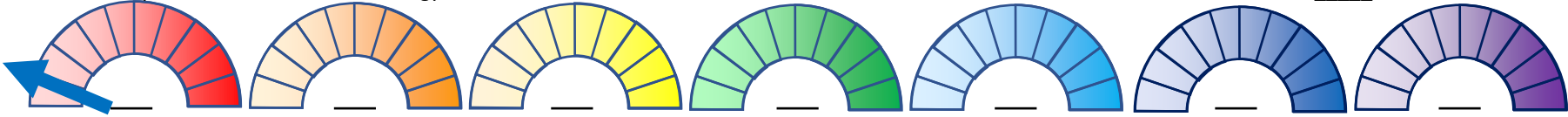
Activity Where Your Physical Energy was Low:

Score: \_\_\_\_



Activity Where Your Emotional Energy was Low:

Score: \_\_\_\_



What were some of the similarities when your Physical and Emotional Energy was High?

What were some of the similarities when your Physical and Emotional Energy was Low?

Date: \_\_\_\_\_