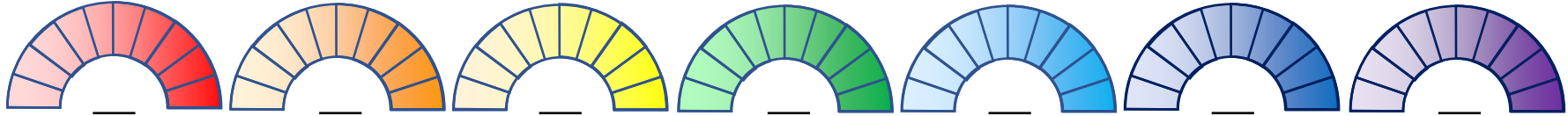


Energy	Connection to Others	Fear/Calm	Sense of Love	Expression of Self	Clarity	Sense of Purpose
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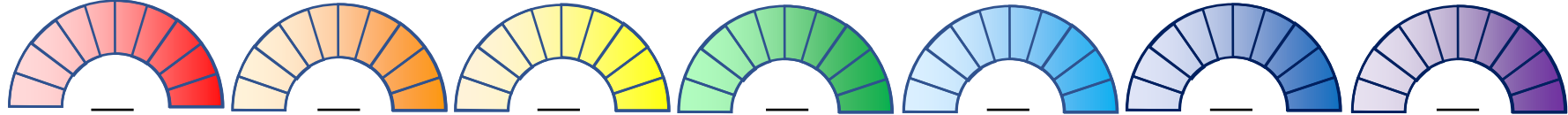
Waking Up & Planning Your Day:

Score: _____



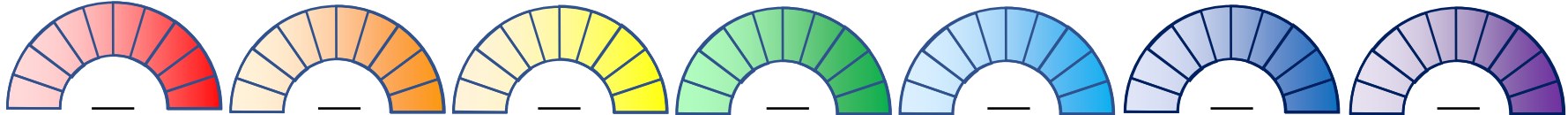
First ½ of Day Off Work:

Score: _____



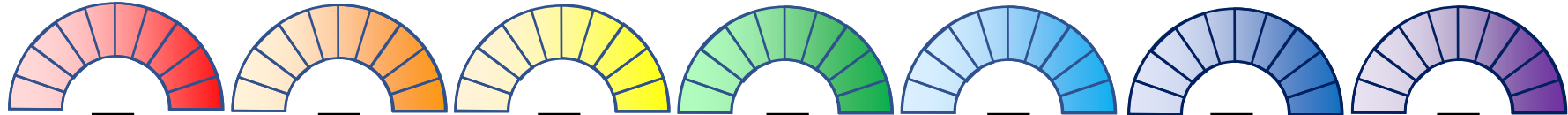
Second ½ of Day Off Work:

Score: _____



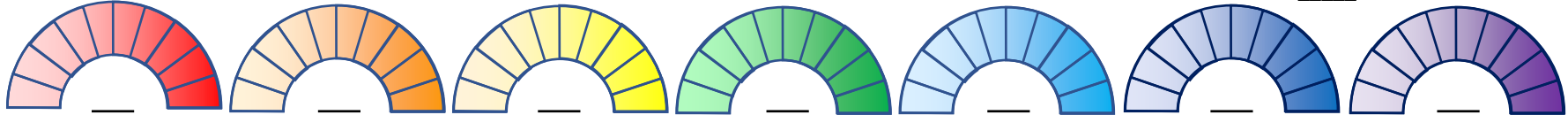
Time with Family:

Score: _____



Time with Friends:

Score: _____



Time for Self:

Score: _____



Date: _____

Score for Whole Day: _____

Day Off Worksheet