

WEEK 3

ENERGY GAINS & ENERGY DRAINS

Lets finish our week with
REFLECTION

With a heart full of love, trust, compassion & joy... journal on the following:

What was amazing about this week that I would love to carry with me as we step into a new week?

What drained my energy this week?

How an I change / eliminate / minimise these energy drains moving forward?

JUST BREATHE

More than anything, today, I am grateful for....., because.....

TODAY'S DATE: _____