## 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 weel
What drained my energy this week?
House on Laborata / aliminata / minimina these anarats devine massing for word?
How an I change / eliminate / minimise these energy drains moving forward?
HICT DDE ATHE
JUST BREATHE
Mere than anything, today, I am grateful ferbecause
ivier e triait arty trining, today, i arti graterur rer, because
TODAY'S DATE:

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