

Energy-Draining Situations/Events Exercise



Identify situations that cause stress, the corresponding feelings that typically drain your inner battery and what you currently do now to handle them. Write them on the lines below.

Examples:

Situations	Feelings	Current Solution
Late for work	Anxious	Call co-worker
Argument with spouse	Angry, helpless	Wait for it to blow over
Can't get enough sleep	Frustrated, tired	Leave work early

Situations	Feelings	Current Solution
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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_____	_____	_____

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Energy-Renewing Situations/Events Exercise



Identify situations or interactions and the corresponding feelings that renew you and recharge your inner battery. Write them on the lines below.

Examples:

Situations	Feelings
Hanging out with friends	Appreciation, happiness
Acknowledged for a good job	Confident, sense of accomplishment
Serving others	Proud, fulfilled, sense of honor

Situations	Feelings

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