

Cultivating Energy

A Personal Practice

Energy isn't something that happens to you — it's something you build. This worksheet is an invitation to bring greater awareness and intention to the behaviors and actions that move you toward your most vital, creative, and present self. There is no correct list. There is only yours. Place this somewhere you'll see it, and return to it as your practice evolves.

Place this somewhere visible — a desk, a journal, a wall. This isn't a checklist. It's a reminder of what moves you closer to your best.

What cultivates your energy?	What depletes it?

Revisit this. What's on your list today may shift as you pay closer attention to what moves you closer to your best.

Achieving YOUR Excellence is our only mission.

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