



Energy Management Survey

The purpose of this exercise is for you to become conscious of the person, places, and things that are causing you to gain energy and the person places and things that are causing you to lose energy. This exercise gives you information that affects your personal power. This exercise does not explicitly tell you what to change. It only makes you aware of what's seems to be going on and what is really happening. This knowledge will cause you to change some things immediately.

- 1. Take three blank pieces of paper.**
- 2. On the first sheet, write down the persons, places, and things that bring you energy or make you stronger or more powerful. E.g., Certain places where you feel better; people that bring you energy; foods, clothing, other things that bring you more energy.**
- 3. On the second sheet, write down the persons, palaces, or things that drain energy, make you feel less powerful or weaker. E.g., Certain places that drain you; people that drain your energy; foods, clothing, other things that take your energy.**
- 4. On the third piece of paper, write the persons, places, or things you can't tell if they are positive or negative. Try to figure out why you don't know if these are positive or negative forces.**

The third list is the one that you need to look at more closely. The next step is to look at this list and determine how to increase the positive aspects and decrease the negative aspects of these forces in your life. This exercise should be done every four to six months as part of your energy maintenance program.