

Take Care of Yourself

<i>What drains your energy? When does this happen most?</i>	<i>What adds to your energy? When does this happen most?</i>
<i>What are you doing when you feel drained?</i>	<i>What are you doing to when you feel really alive and energized?</i>
<i>What time of day do you feel most drained or unlikely to connect with others?</i>	<i>What time of day do you feel most energized and likely to want to connect with others?</i>
<i>What is your mindset when you feel drained?</i>	<i>What is your mindset when you feel most energized?</i>
<i>When you are most drained, what aspects of self-care have you abandoned?</i>	<i>When you are most energized, how do you take care of yourself?</i>
<i>When you are most drained, what are you typically focused on?</i>	<i>When you are most energized, what are you typically focused on?</i>