

# PERSONAL ENERGY PROFILE



When you have a free day, would you rather use it to relax, or hit your to-do list?

Are you a morning person or a night owl? Do you feel ready to start the day running, or thrive at night when your household is quiet?

What time of day are you most productive? Can you think of a couple hours in your day that you feel the best?

What are some things that you do or think about regularly that immediately make you feel overwhelmed, tired, or unhappy?

Think about the last time you were blissfully happy. What were you doing?

Think about what makes your soul sing. Things you love. What are a few?

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