

# Personal Energy Profile

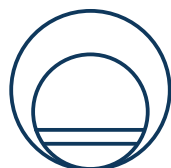
**Are you a morning or evening person?**

**When you have a free day do you relax or accomplish?**

**What hours of the day are you most productive?**

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

**Think about the last time you were extremely happy.  
What were you doing in that moment?**



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