



DAY 2

PEOPLE/GROUPS

AUDIT

SAVVY nom nom

PEOPLE/GROUPS AUDIT

Begin to notice energy shifts when you are around the people in your life. Write the names of each person in one of the two columns below. You can also list groups that you belong to.

Energy GIVING People

Energy DRAINING People



PEOPLE/GROUPS AUDIT

Relist the names of people/groups, this time noting which feelings you have when you are around them. Include emotional feelings (ie: happy, sad, relieved) as well as physical feelings (ie: energetic, tired, hungry).

PERSON/GROUP

**EMOTIONAL & PHYSICAL
FEELING(S)**



