



# DAY 3

## PLACES AUDIT

**SAVVY nom nom**

# PLACES AUDIT

Begin to notice energy shifts when you are in different places and spaces. Write the names of each place in one of the two columns below. Examples include bedroom, car, outside, workplace...

**Energy GIVING Places**

**Energy DRAINING Places**



# PLACES AUDIT

List the names of places again, this time noting which feelings you have when you are in them. Include emotional feelings (ie: happy, sad, relieved, afraid) as well as physical feelings (ie: energetic, tired, in pain, pain-free).

**PLACE**

**EMOTIONAL & PHYSICAL  
FEELING(S)**



