



# THINGS AUDIT

Begin to notice THINGS make you feel. Include things in your home and your work environment. Examples include your bed, electronics, car, plants. Write the name of each thing in one of the two columns below.

**Energy GIVING Things**

**Energy DRAINING Things**



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

**THING**

**EMOTIONAL & PHYSICAL  
FEELING(S)**



