

ACTIVITY AUDIT

Begin to notice how you feel during different activities. Write the names of each activity in one of the two columns below. Examples include taking pictures, doing laundry, reading a book...

Energy GIVING Activities

Energy DRAINING Activities



ACTIVITY 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).

ACTIVITY

**EMOTIONAL & PHYSICAL
FEELING(S)**



