

Series 2 | Episode 4

Self-Management: Emotional Energy

Print out 4 pages of this worksheet (can be front and back) or use the content below as a template in your notebook. Track major parts of your day for at least 2 weeks. Make note of what you were doing, who were you with, your environment, and whether it gave you high or low negative/positive energy by drawing a line through the gauge graphic.

DATE: / . / S M T W TH F S







