

WHAT GIVES YOU ENERGY IN YOUR LIFE?

- BECOME HAPPIER IN YOUR EVERYDAY LIFE

Mention 3 things that give you energy in your everyday life:

1	_____
2	_____
3	_____

Look in your calendar for the upcoming week. When have you planned for one of the 3 things, you mentioned above?

	WEEK DAY	TIME
1	_____	_____
2	_____	_____
3	_____	_____

Mention 2 things that you would like to spend less time on, to spend more time on the activities that gives you energy. Do not mention things that must be done.

1	_____
2	_____



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