



RESET to Recharge



Take some time to work through these questions so you can create a framework for who you want to be. These questions are designed to help you be more intentional about maximizing your life.

What Are The Top 5 Things That Drain You?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

What Are The Top 10 Things That Energize You?

Small List

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Big List

- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

Write Down How You Are Going To Incorporate Your Energizers In The Next 60 Days.

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