

My Energy Drainers:

- 1.
- 2.
- 3.

Expectations:	Tolerations:
▪	▪
▪	▪
▪	▪

Boundaries:	Guilt:
▪	▪
▪	▪
▪	▪

What would I like instead?:

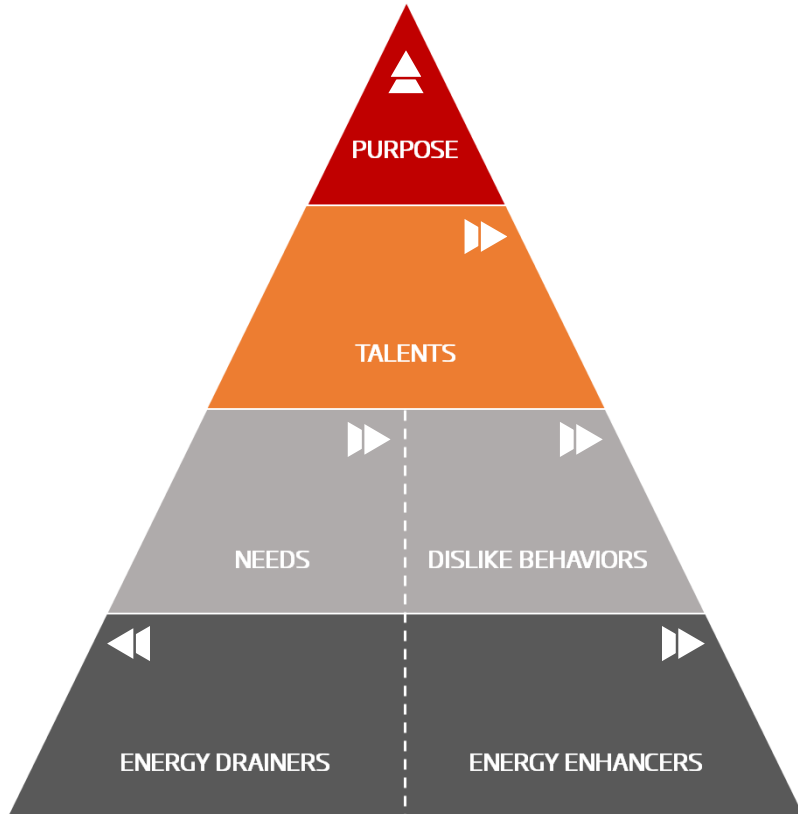
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What would that give me?:

▪

My Purpose:

▪



My Options:	My Actions:
▪	▪
▪	▪
▪	▪
▪	▪

My Talents:	My Energy Enhancers:
1. .	1.
2. .	2.
3. .	3.
4. .	
5. .	

My Needs:	My Dislike Behaviors:
1. .	1.
2. .	2.
3. .	3.
4. .	4.
5. .	5.

Objective: