

# ENERGY MAINTENANCE

## Polarity

Date \_\_\_\_\_

Before you begin practicing the Polarity technique, please rate yourself.

1. Overall Emotional State (0=Depressed, 10=Happy) \_\_\_\_\_
2. Overall Physical State 0=Seriously Ill, 10=Very Healthy) \_\_\_\_\_
3. Overall Mental State (0=Unfocused/fuzzy, 10=Alert/Awake) \_\_\_\_\_
4. Overall Spiritual State (0=Stuck/unconnected, 10=Fully Connected) \_\_\_\_\_

Overall Wellbeing:

0 5 10  
(poor) (fabulous)

Describe how you are feeling, what you are experiencing or anything other notes about your wellbeing that come to mind.

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### Polarity Technique Practice Day 1

Date \_\_\_\_\_

How I feel at the start: \_\_\_\_\_  
0 5 10  
(poor) (fabulous)

What technique I used:

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Anything I noticed during or after:

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How I feel at the end: \_\_\_\_\_  
0 5 10  
(poor) (fabulous)



# ENERGY MAINTENANCE

## Polarity Technique Practice Day 2

Date \_\_\_\_\_

How I feel at the start: \_\_\_\_\_  
0 5 10  
(poor) (fabulous)

What technique I used:

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Anything I noticed during or after:

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How I feel at the end: \_\_\_\_\_  
0 5 10  
(poor) (fabulous)

## Polarity Technique Practice Day 3

Date \_\_\_\_\_

How I feel at the start: \_\_\_\_\_  
0 5 10  
(poor) (fabulous)

What technique I used:

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Anything I noticed during or after:

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How I feel at the end: \_\_\_\_\_  
0 5 10  
(poor) (fabulous)



# ENERGY MAINTENANCE

## Polarity Technique Practice Day 4

Date \_\_\_\_\_

How I feel at the start: \_\_\_\_\_  
0 5 10  
(poor) (fabulous)

What technique I used:

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Anything I noticed during or after:

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How I feel at the end: \_\_\_\_\_  
0 5 10  
(poor) (fabulous)

## Polarity Technique Practice Day 5

Date \_\_\_\_\_

How I feel at the start: \_\_\_\_\_  
0 5 10  
(poor) (fabulous)

What technique I used:

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Anything I noticed during or after:

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How I feel at the end: \_\_\_\_\_  
0 5 10  
(poor) (fabulous)



# ENERGY MAINTENANCE

Date \_\_\_\_\_

After practicing the Polarity technique for 3-5 days, please rate yourself again.

1. Overall Emotional State (*0=Depressed, 10=Happy*) \_\_\_\_\_
2. Overall Physical State (*0=Seriously Ill, 10=Very Healthy*) \_\_\_\_\_
3. Overall Mental State (*0=Unfocused/fuzzy, 10=Alert/Awake*) \_\_\_\_\_
4. Overall Spiritual State (*0=Stuck/unconnected, 10=Fully Connected*) \_\_\_\_\_

### Overall Wellbeing:

**0**                      **5**                      **10**

(poor)                      (fabulous)

**Describe how you are feeling, what you are experiencing or anything other notes about your wellbeing that come to mind. What have you noticed that has changed since the beginning of your Polarity practice?**

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