|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Rooms | Nurturing | Depleting | Challenges | Commitment |
| Body |  |   |   |   |
| Mind |  |   |   |  |
| Emotions |  |   |  |  |
| Spiritual (what is meaningful and energizes you) |  |   |   |  |
| Challenges:Resistance to discomfortAddiction to comfortInner criticBusynessCognitive Miser/AutopilotOther? |

## **Your Energy Matrix**

Observations & Insights: