|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Rooms | Nurturing | Depleting | Challenges | Commitment |
| Body |  |  |  |  |
| Mind |  |  |  |  |
| Emotions |  |  |  |  |
| Spiritual (what is meaningful and energizes you) |  |  |  |  |
| Challenges:  Resistance to discomfort  Addiction to comfort  Inner critic  Busyness  Cognitive Miser/Autopilot  Other? | | | | |

## **Your Energy Matrix**

Observations & Insights: