

Is it time to upgrade your fuel?

Do you desire more energy for more productivity, health, healing, play, love, etc.?

What kind of energy?

	Energy Gains What is fueling you? (people, places, things, foods, substances, ideas)	What To Do Reinforce? Continue? Support? Replace? Upgrade?	Actions To Take Schedule your actions; schedule your successes.
G1			
G2			
G3			
G4			
G5			
G6			
G7			
G8			
G9			
	Energy Drains What is draining you? (people, places, things, foods,substances, ideas)	What To Do Eliminate? Replace? Upgrade?	Actions To Take Schedule your actions; schedule your successes.
D1			
D2			
D3			
D4			
D5			
D6			
D7			
D8			
D9			

If you have more items than fit on the form, begin with what fits on the form. Then revisit.