

Daily Energy Management Tool: \_\_\_\_\_

I will be \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will feel \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will experience \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I am \_\_\_\_\_

\_\_\_\_\_

I am grateful for: \_\_\_\_\_

\_\_\_\_\_

I recognize a lack of gratitude for: \_\_\_\_\_

\_\_\_\_\_

Personal Agenda:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Business/Work Agenda:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_