

# Energy Map Worksheet of your Me-Time

SPEND      RECOVER

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MENTAL ENERGY

SPEND      RECOVER

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PHYSICAL ENERGY

SPEND      RECOVER

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EMOTIONAL ENERGY

SPEND      RECOVER

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SPIRITUAL ENERGY

01/23/18

This visual was prepared by Jo Ann M. Radja; the concept of the visual design of spend and recover and each category name originated with Masterfile Corporation ©2008.