

# Energy Management

"What brings me energy, what takes it away? How do I fill, serve, leak and patch my energy?"

Sunshine 🌞

Breathing 🧠

Safety 🛡️

Hydration 💧

Nutrition 🍏

Elimination 💩

Hygiene 🧼

Sleep 🛌

Movement 🚶

Inner Connection 🧘

Outer Connection 👫

Thoughts 💭

Emotions ❤️

Work 💰

Play ⚾️ 🏈 🏀 🎵 🎨 🦷 🦷

Environment 🏠 🌴

Toxins 🚬 🍷 💊 🦠

Medical Care 🏥