

# Energy Needs Reference List

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

Breath 

Sun 

Hydration 

Nutrition 

Rest 

Movement 

Safety 

Elimination 

Hygiene 

Inner Connection 

Thoughts 

Emotions 

Environment  

Outer Connection 

Work 

Play      

Minimize Toxins    

Medical Care 