

Soul Connect



1. Areas in my life where I am giving/things that take my energy:

2. Areas in my life where I am receiving/things that give me energy:



Imagine two buckets. One is filled with the things that require your energy (box 1), and one is filled with the things that replenish your energy (box 2).

Imagine the weight of each bucket and how they might sit on a scale. Draw/describe that below



Now ask yourself: where do I need to bring balance to this system?