

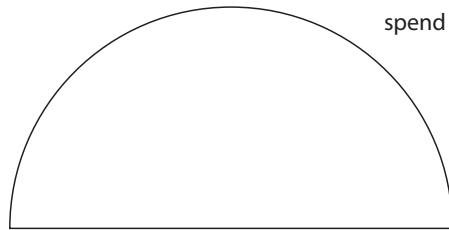
## Here's how to map your energy

Use the circles to jot down how you spend your energy daily in each of the four areas and how you recover from the expenditure—walking, taking a nap, etc. Are you underspending in the physical area or low on healthy strategies for recovering from crazy-busy days? This new way of looking at how you use your energy may help you discover how to get more.

**Your bliss list**

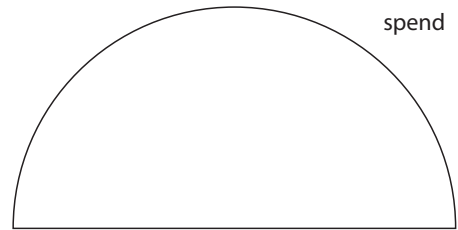
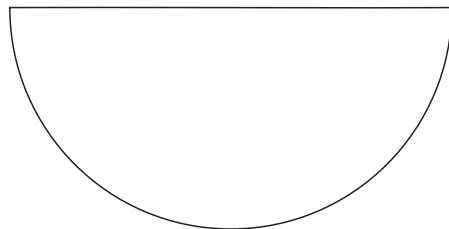
Give yourself special treats and you'll have more energy, says Maryann Webster, author of *Everyday Bliss for Busy Women*. Start your list here.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



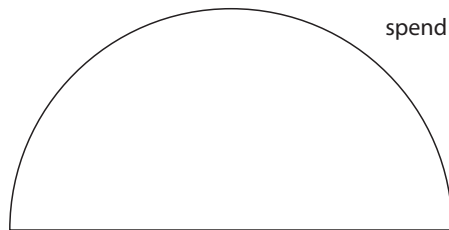
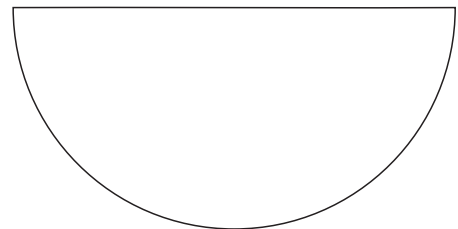
spend

**EMOTIONAL**



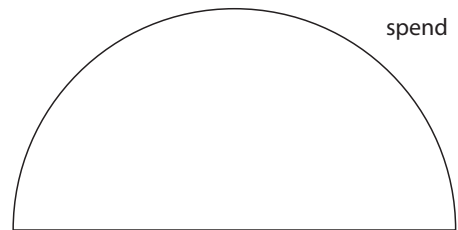
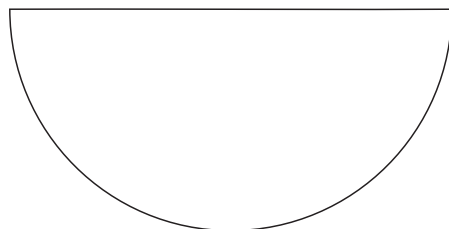
spend

**MENTAL**



spend

**PHYSICAL**



spend

**SPIRITUAL**

