

Personal Energy Inventory

Maintaining Your Youthful Energy

Turn your energy drainers into energy enhancers. Don't focus on weight you need to lose or what you are giving up. Instead, focus on what you are gaining as a result of your commitment to change.

Check off the statements below that apply to you.

My Energy Drainers:

- Sugar
- Caffeine
- Not Exercising
- Arguing with my parents
- Stress
- Drama
- Interruptions
- Being Overweight
- Overscheduling my day
- Saying yes when I mean no
- Overworking
- Not taking play time
- Taking abuse
- Worrying
- Slouching
- Overanalyzing
- Trying to change other people
- Being a people pleaser
- Stressing out
- Mindless TV or internet surfing
- Not having a purpose
- Not completing things that I start
- _____
- _____
- _____
- _____
- _____
- _____
- _____

My Energy Enhancers:

- Speaking my truth
- Quality time with family & friends
- Being honest
- Following through
- Reading good books
- Keeping promises to myself
- Being grateful
- Prayer
- Eating healthy foods
- Taking my supplements
- Self-care night alone or with friends
- Focusing on the positive
- Having faith
- Expressing gratitude
- Standing up for myself
- Staying on task
- Letting go of the things that are out of my control
- Taking action on my goals
- Exercise
- Chiropractic Lifestyle Care
- Good posture
- Massages
- Investing in myself
- Being involved in causes I believe in
- Celebrating special occasions
- _____
- _____
- _____

*Teen Version

