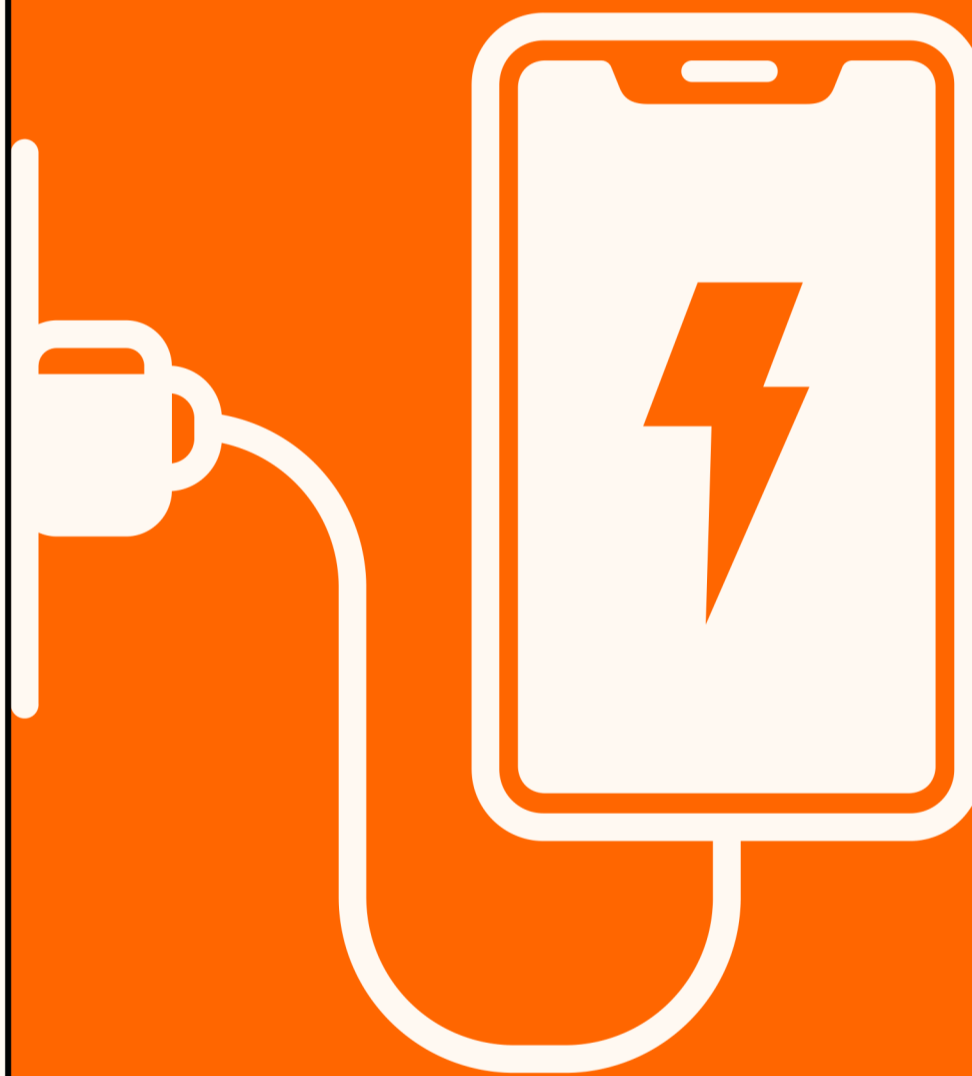


By catching our feelings, we can detect what recharges us & what drains us. We can cut down on things that are draining (which don't add value in other ways). To prevent exhaustion we can look out for opportunities for rejuvenation.

Tip: For those for us who are more anxious or introverted, social interaction tends to use more battery power. The trick is to budget effectively for this (as avoidance only makes it worse).

What recharges my battery:



What drains my battery: