## **Energy-Renewal Exercise**

Identify situations or interactions and the corresponding feelings that renew you and recharge your inner battery. Write them on the lines below.

## **Examples:**

| Situation/Event      | Emotional Response          |
|----------------------|-----------------------------|
| An accomplishment    | Proud                       |
| Studied for test     | Increased Confidence        |
| Finished a project   | Relief, Satisfaction        |
| Talked with a friend | Care, Connection, Gratitude |

| Situation/Event | Emotional Response |
|-----------------|--------------------|
|                 |                    |
|                 |                    |
|                 |                    |
|                 |                    |
|                 |                    |
|                 |                    |
|                 |                    |
|                 |                    |
|                 |                    |
|                 |                    |