

Courage Your Energy Tool



Courage Your Energy Tool

- **(Clarity)** Rate your energy from 1-10 and why
- **(Purpose)** Where do you want to direct your energy to multiply its effect
- **(Risk)** What obstacles or challenges are standing in the way of you tapping into your energy right now?
- **(Fear)** What fears might be hindering you from expressing your energy fully
- **(Integration)** What are the best parts of you that you can bring forward to elevate your energy
- **(Play)** What types of play can you initiate right now to take energy to next level?

Courage Your Energy Tool

Energy Builders

1. _____
2. _____
3. _____
4. _____
5. _____

Energy Depleters

1. _____
2. _____
3. _____
4. _____
5. _____

Energizers to Try

1. _____
2. _____
3. _____
4. _____
5. _____