



POSITIVE CHARGE

Title: Claim Your Value

Volume 1, Blogisode 2

1. What are the projects or activities that energize you?

Track this for one day, or even better track this for an entire week. You can even identify on your calendar those things that energize you with the color GREEN. The activities that drain you can be identified in RED.

Ask yourself, “What is it about these GREEN, energizing activities that motivates me?”