

CREATE YOUR ENERGY ROAD MAP



WHAT IS ENERGY?



Energy is defined as “the strength and vitality required for sustained physical or mental activity.” It’s your most valuable, renewable resource.

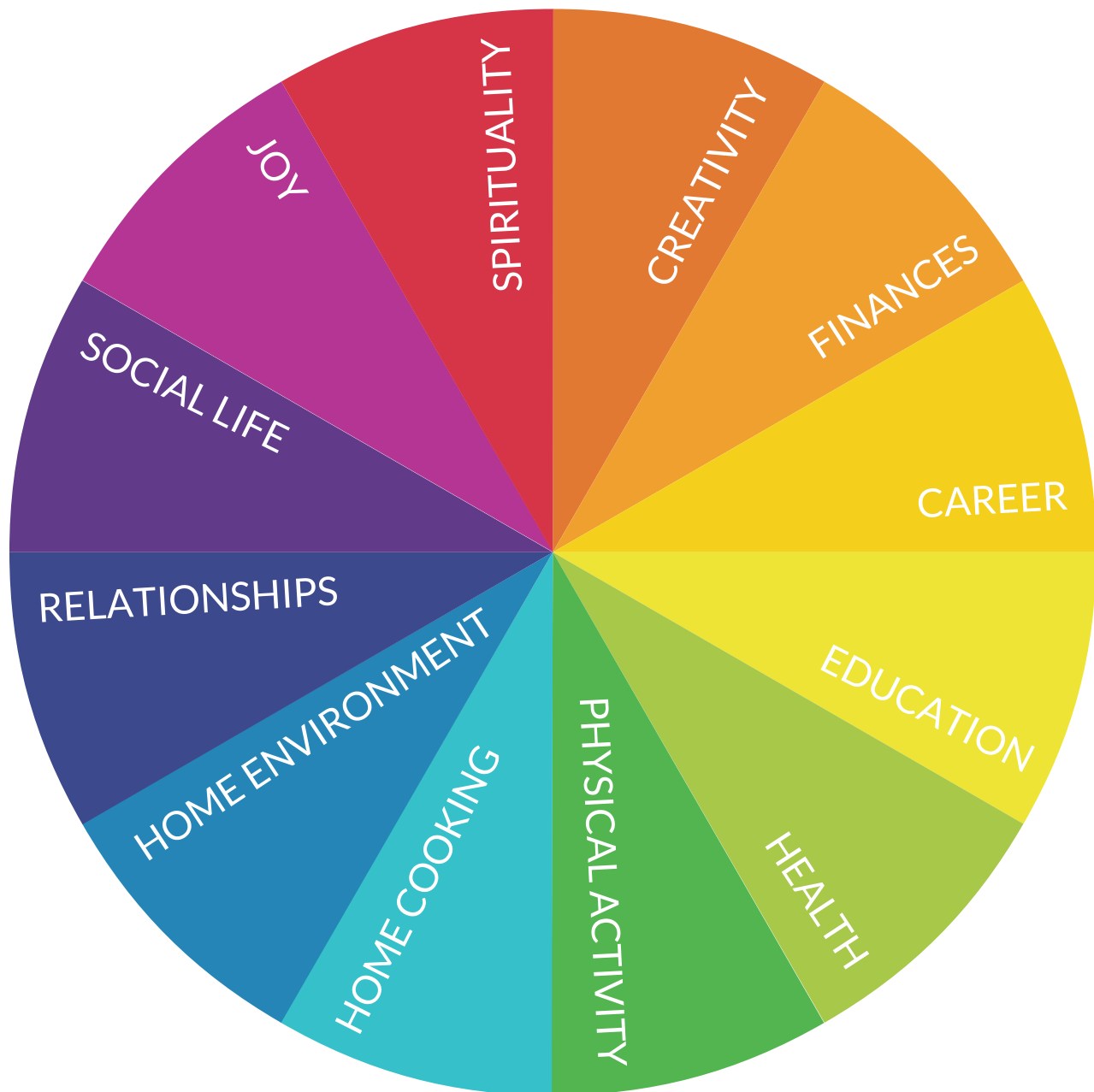
You can choose activities that drain your energy or build it. You can choose people who energize you or suck you dry, and you can choose foods that fuel you or leave you exhausted. When you learn what gives you energy, all areas of your life will improve.

WHAT CREATES OR DRAINS ENERGY?



We gain energy by eating nurturing foods and drinking vibrant beverages that support our physical health. Even more critical to energy are the relationships we choose to engage in, career satisfaction, physical exercise, and a fulfilling spiritual practice.

Look at this chart and mark a dot for each category. The closer you place your dot to the outside of the circle, the more fulfilled you are in that area. The closer to the center, the more dissatisfied you are. Connect your dots and see which areas of your life are creating energy and which areas may be draining energy.



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