

sunset
H O U R

Energy-Worthy Reflection Guide

BECOME MORE AWARE OF WHAT'S
REALLY WORTH YOUR ENERGY

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Maybe it's been a while, but have you asked yourself the important question of "what's really worth your energy?"

A few things come to my mind, like **dream building, something that pours into your self-esteem, and those you love to spend time with.**

The Energy-Worthy Guide was designed to help you reflect on what's worth your energy while removing what doesn't. The way you spend your energy matters as what you focus on will either benefit you or bring you down. You choose.

Use this simple 1-page guide/checklist to get you started. Grab some tea, wine, or your favorite beverage, take your seat during sunset and answer away.

ENERGY-WORTHY
What is energy-worthy to you?

REFINEMENT
What needs to be removed from your life?

DREAM BUILDING
What are 5 things you can do on a weekly basis towards building your dream?

SELF-ESTEEM
What are 5 things you can do that pour into your self esteem?

The form consists of four vertical yellow bars, each corresponding to one of the four categories above. These bars are intended for the user to write their answers to the questions posed in the categories: Energy-Worthy, Refinement, Dream Building, and Self-Esteem.