



Energy takers

- deadlines at work
- a busy job with lots of responsibilities
- family life
- socialising
- birthdays
- taking courses
- your mobile phone
- your laptop
- emails
- Netflix

Energy givers

- meditating
- conscious breathing
- stimulating the brain
- taking a walk in the woods
- exercise
- healthy eating
- yoga
- lounging around
- spending a screen-free day
- sleep (good quality)



Energy takers

[illegible]

Energy givers

This image shows a single sheet of cream-colored paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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