

ENERGY & INTENTION-1

Please respond to the statements below with the appropriate response to the right.

Name _____

Date _____

Strongly Agree Agree Not Sure Disagree Strongly Disagree

1. I am aware of what I put my energy into throughout the day	SA	A	NS	D	SD
2. I choose to put my energy into things that I value	SA	A	NS	D	SD
3. I feel fulfilled by the activities that take up my energy	SA	A	NS	D	SD
4. The things that i put my energy into bring meaning and purpose to my life	SA	A	NS	D	SD
5. I invest my energy into things that I can effect change on	SA	A	NS	D	SD
6. I use my energy to ruminate on the past and the future	SA	A	NS	D	SD
7. I am able to identify when I am not using my energy in an efficient, helpful way that is based on my core values	SA	A	NS	D	SD