

My Old Energy Equation

Sleep 7
 Food -3 Breakfast
 4
 Thoughts -4 "lost a job"
 0
 Thoughts
 Emotions -10 Cranky husband
 -10
 Energy -5 Energy vampire
 -15
 Energy -0 Nothing to give friend
 -15
 Food -4 Lunch
 -19
 Food -4 Dinner
 -23

My NEW Energy Equation

Sleep 10
 Slow Down +5 Meditate
 15
 Pray +3
 18
 Exercise +1 AM floor exercises
 19
 Whole Food +2 Breakfast
 21
 Exercise Walk +3
 Sun Sun +3
 Air Air +3
 Slow Down Slow down +3
 Pray Pray +3
 Exercise +16 Steps +1
 37
 Beliefs -0 "Lost a job"
 37
 Thoughts Cranky husband
 Let Go
 Emotions -1
 36
 Energy -0 Energy Vampire
 36
 Energy -5 Give to a friend
 31
 Whole Food +4 Lunch
 35
 Energy +1 Nice e-mail
 36
 Whole Food +4 Dinner
 40
 Exercise +2 YMCA
 42