

The Energy Filter

PEOPLE:

Fill out the tables below by entering the name of the **person** who you interact with on a regular basis. Check one of the boxes to the right of the **person's** name whether they "give" you energy or they "take" energy away from you. Then list the reasons why they give or take energy and what action you can take to incorporate more interaction with the people who give you energy and what action you can take to manage your interactions with those who take energy away from you.

PERSON:		GIVER	<input type="checkbox"/>	TAKER	<input type="checkbox"/>
Why:					
Action:					
PERSON:		GIVER	<input type="checkbox"/>	TAKER	<input type="checkbox"/>
Why:					
Action:					
PERSON:		GIVER	<input type="checkbox"/>	TAKER	<input type="checkbox"/>
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Action:					
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