

## The Energy Filter

### TASKS:

Fill out the tables below by entering the **tasks** that you do on a regular basis. Check one of the boxes to the right of the task whether it “gives” you energy or it “takes” energy away from you. Then list the reasons why it gives or takes energy and what action you can take to incorporate more of the tasks that give you energy and what action you can take to manage the tasks that take energy away from you.

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