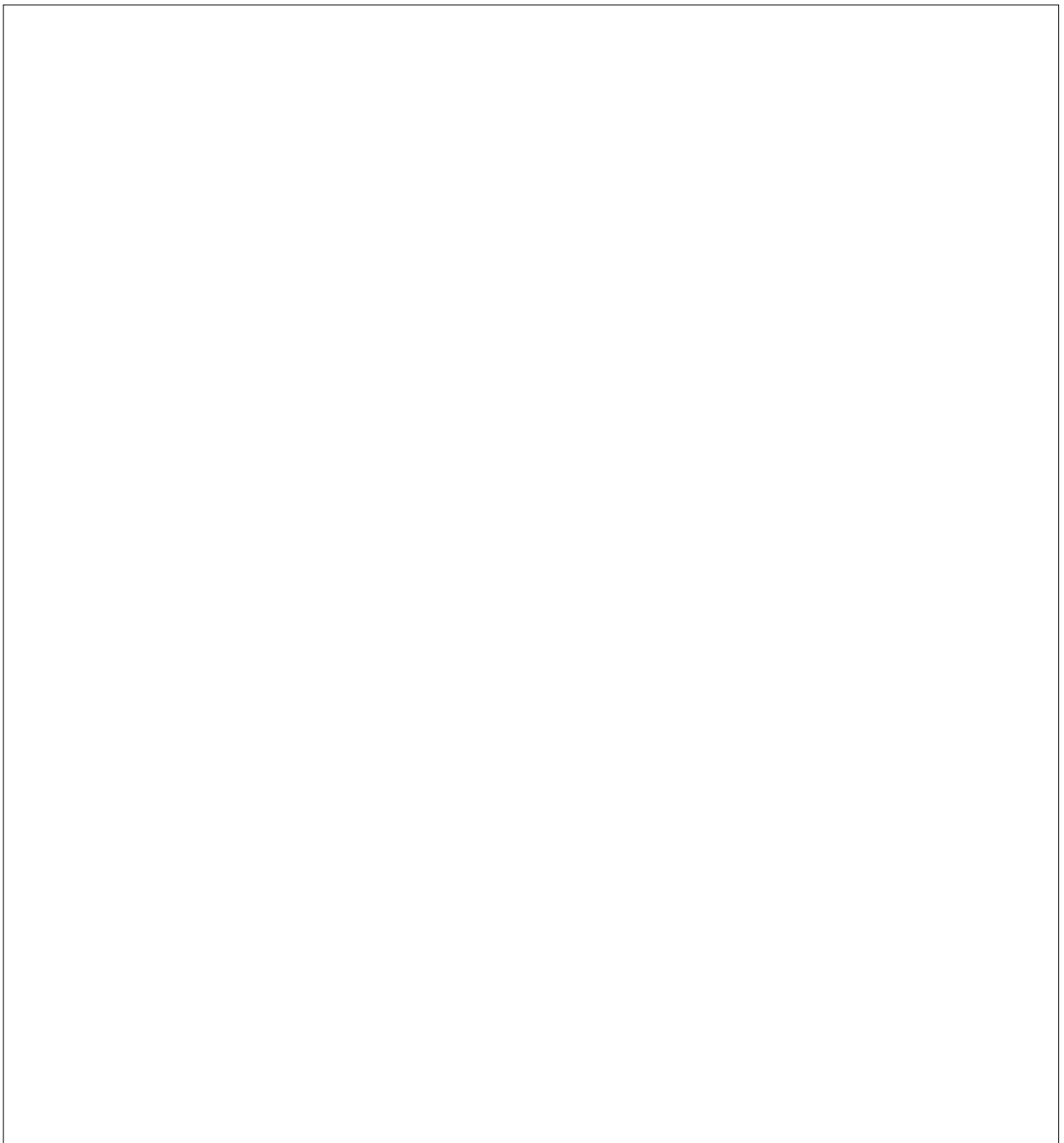


EXERCISE: THE RELATIONSHIPS THAT INCREASE OR DECREASE MY ENERGY

It's important that our relationships give us more than they take. Do my human relationships give me more energy than take it?

1. WHICH HUMAN RELATIONSHIPS GIVE ME ENERGY?

A large, empty rectangular box with a thin black border, intended for the user to write their answers to the question above.

2. WHICH RELATIONSHIPS ARE STRAINING AND LOWER MY ENERGY LEVELS?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above. The box is centered horizontally and occupies most of the page's vertical space below the question.