

### 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	