



Energy Leaks Tracker

Physical	Emotional
<ul style="list-style-type: none"><input type="checkbox"/> Balanced diet<input type="checkbox"/> Unstressed eating<input type="checkbox"/> Enough, good sleep<input type="checkbox"/> Breathing deeply and properly<input type="checkbox"/> Hydrated<input type="checkbox"/> Movement, exercise and fit	<ul style="list-style-type: none"><input type="checkbox"/> Strong, regular connections<input type="checkbox"/> Acknowledge and express emotions<input type="checkbox"/> Work/Play balance<input type="checkbox"/> Fun and laughter<input type="checkbox"/> Feel and express gratitude<input type="checkbox"/> Acts of kindness inward and outward
Mental	Spiritual
<ul style="list-style-type: none"><input type="checkbox"/> Challenged and stimulated<input type="checkbox"/> Rewarded or acknowledged<input type="checkbox"/> Uplifting work<input type="checkbox"/> Positive self-talk<input type="checkbox"/> Mindfulness<input type="checkbox"/> Meaningful, truthful conversations	<ul style="list-style-type: none"><input type="checkbox"/> Aware of changed values after kids<input type="checkbox"/> Decisions based on values<input type="checkbox"/> Connect and immerse in nature<input type="checkbox"/> Listen to your instincts<input type="checkbox"/> Progressing towards dreams