

The Energy Audit

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Rate your four tanks today. List what drains them and what refills them. Then commit to one swap — close the biggest leak, protect the biggest peak.

The four tanks, today

PHYSICAL	EMOTIONAL	MENTAL	SPIRITUAL
____ /10	____ /10	____ /10	____ /10

My three biggest leaks

My three biggest sources

My one swap this week remove one leak, protect one peak