

Vitality Depleter Tool



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Awareness Builder - Vitality Depleters

Record items that drain, waste or deplete your vitality.

Review your weekly activities. Did you do anything that drained your vitality? What did you do exactly? How did you feel exactly?

Declare that you will do your best to remove these vitality depleters. What actions can you take today?

Review your weekly activities. Did you do anything that increased your vitality? What did you do exactly? How did you feel exactly?

Declare that you will do more of these. What actions can you take today to increase vitality enhancers?

Are you ready to start taking these actions now?

Yes

No