

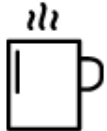
# How Much Energy Does It Cost?

## ~ Internal Realities ~

Use this worksheet to help you understand the impact of internal realities on your energy levels.

Use specific numbers wherever possible.  
Place an 'X' through any activity you cannot currently do.

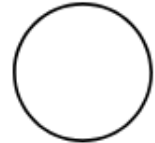
Avoid, Be Cautious or Enjoy?



Thirst

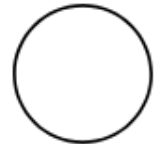
How Much of an Impact Will This Have?      How Long Will It Take To Recover?

Very Little ----- Huge Amount      Very Slow ----- Very Fast



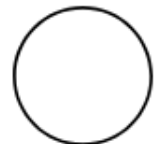
Hunger

Very Little ----- Huge Amount      Very Slow ----- Very Fast



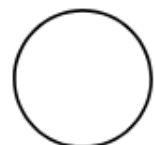
Sleep Quality

Very Little ----- Huge Amount      Very Slow ----- Very Fast



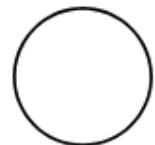
Pain

Very Little ----- Huge Amount      Very Slow ----- Very Fast



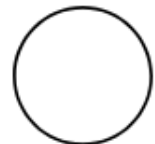
Stress

Very Little ----- Huge Amount      Very Slow ----- Very Fast



Hurrying

Very Little ----- Huge Amount      Very Slow ----- Very Fast



Interpersonal Dynamics

Very Little ----- Huge Amount      Very Slow ----- Very Fast

