

# Energy Worthy Worksheet

www.girlpowerforgood.com



We can choose to use our Girl Power for good, but it's not infinite! That's why we want to put things on our TODO list that feel good. What's Energy Worthy (like sponge-worthy from Seinfeld)? Imagine that every morning, you wake up with 100 energy points to spend. If you spend more than 100 points, you run an energy deficit, much the same way you overdraw your bank account, if your points are dollars. Over time, a continuing deficit leads to stress, chronic fatigue and illness. So where will you spend your 100 points today?

Figure that a normal day uses 30-50 points just to maintain; if you have small children and/or work full-time outside the home, you will be on the high side of that scale. That means you have 50-70 points to use on your TODO list. On the left side of this worksheet, list the things that you will absolutely do today; please throw something fun! Assign a value to your choices, use your gut to decide—you can't do this wrong. Ask yourself, "Am I using my Girl Power for Good?" Choose TODOs that line up with that mission. Then put your 2 minute tasks on the right (like phone calls to confirm appointments or standard e-mails). Set your alarm for 10 minutes and knock them out. EVERYTHING else goes on the second page. Let the Universe handle it. If you're feeling energetic, you can even help the Universe out, but only if you have points left!

THINGS I GET TO DO TODAY	PTS.	THINGS I GET TO DO TODAY
<b>Daily Routine: Getting ready for work, household chores, driving carpool, appointments on your calendar, exercising, meditating, etc.</b>	<b>30-50</b>	<b>2 Minute Tasks – 5 at a time.</b> <b>Set your alarm for 10 minutes. This is from my friend Jill Farmer's amazing book, <i>There's Not Enough Time and Other Lies We Tell Ourselves</i>.</b> <a href="http://www.jillfarmercoaching.com">www.jillfarmercoaching.com</a>
1.		1.
2.		2.
3. "Now do something fun: listen to one song, shake your booty, and take 3 deep breaths."		3.
4.		4.
5.		5.



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