

**Energy Questionnaire** - Discover how you use this subtle force and how to bring more into your life. Our natural state of being is to experience peace, contentment and joy. A free flowing energy supply is necessary to maintain health and well-being. When we experience stress in one part of our lives a ripple effect creates a disruption throughout our whole system.

Find out if you're depleting or restoring your energy by assessing your responses:

### Energy Restorative Thoughts

1. I love my body
2. I listen to my body
3. I give my body the rest it needs
4. I trust my body to heal
5. I love eating healthy foods
6. I love my healthy lifestyle
7. I enjoy physical exercise
8. I am my own best friend
9. I am confident and self-assured
10. I trust myself
11. I take responsibility for my well-being
12. I deserve good things in life
13. I feel safe no matter what
14. I love myself
15. I am assertive in meeting my needs
16. Its ok for me to make mistakes
17. Its ok for others to disagree with me
18. I know who I am
19. I allow others to have their own experience
20. I accept change gracefully

### Energy Depleting Thoughts

1. I feel betrayed by my body
2. I ignore aches and pains
3. I don't have time to rest
4. My body can't heal itself
5. I can't give up (fill in the blank)
6. I don't think about my body's needs
7. I don't have time to exercise
8. I don't like being alone
9. I'm not good at things
10. I don't trust my own judgment
11. I trust the experts to tell me what to do about my condition
12. I feel guilty and undeserving
13. I don't feel safe
14. I feel defective
15. I'm too scared to speak up
16. I have to do things perfectly
17. I'm uneasy if others disagree with me
18. I hold myself back
19. I get upset when I offer suggestions and they are ignored
20. Change is hard for me