



CLEANSE

What do you recognise is draining you?

Are there strategies you could put in place to limit or manage this?

List any thing/person/habit/situation that makes your shoulders sag in the table below then grab your journal and design your management plan.

| ELEMENT | DRAINING | INVIGORATING | ACTION |
|------------------|----------|--------------|--------|
| WHO | | | |
| Family | | | |
| Friends | | | |
| Colleagues | | | |
| Partner | | | |
| Other | | | |
| WHAT | | | |
| News | | | |
| Social Media | | | |
| Devices | | | |
| Other | | | |
| Other | | | |
| WHERE | | | |
| Home | | | |
| Work | | | |
| Holiday | | | |
| Other | | | |
| Other | | | |
| EMOTIONAL | | | |
| Love | | | |
| Guilt | | | |
| Stress | | | |
| Sadness | | | |
| Other | | | |