

ACTIVITY 1
Strength Exercises Worksheet



Appendix B: My Top 5 Activities - Reflection

My Top 5 Green Activities Activities that make me feel most energized:		Strength(s) that I am using during these activities:
1.		
2.		
3.		
4.		
5.		

My Top 5 Red Activities Activities that make me feel most depleted:		Strength(s) that I am lacking during these activities:
1.		
2.		
3.		
4.		
5.		