

EMILY FREEMAN'S ... DO THE NEXT RIGHT THING, THE MOST IMPORTANT LIST

Life Energy List



Scan the areas of your life, choose one to reflect on, and then ask yourself, Was this life-giving or life-draining? Overall, when you think of it, does your body lift when you imagine that time or does it sink? Remember, there are no wrong answers, and what is life-giving today may feel draining this time next year. (Source: Do The Next Right Thing, Pg. 96)

**WHAT WAS LIFE-DRAINING
THIS SEASON:**

**WHAT WAS LIFE-GIVING
THIS SEASON:**