

Date:

Worksheet

ENERGY BALANCING BOOTCAMP

warm up

GROUND/CENTRE

OIL REFLECTION

SET INTENTIONS (GOALS/EMOTIONS)

I am now...

STRESS RATING

1 2 3 4 5 6 7 8 9 10

work out

BALANCING PHASE - MIND-BODY

NERVOUS SYSTEM/ADRENALS/FIGHT-FLIGHT

BIO/ACUPRESSURE/TAPPING/MERIDIANS/CHAKRAS/EMOTIONS/CARDS

cool down

INTEGRATION PHASE

REFLECT/RELEASE/RELAX

AFFIRMATION

STRESS RATING

1 2 3 4 5 6 7 8 9 10

notes

3 minute
SESSION INSIGHT
JOURNAL

AN 'A-HA' MOMENT I HAD WAS...

ONE WORD TO DESCRIBE HOW I FEEL NOW...

I AM INSPIRED TO NOW...

EXTRA THOUGHTS!

