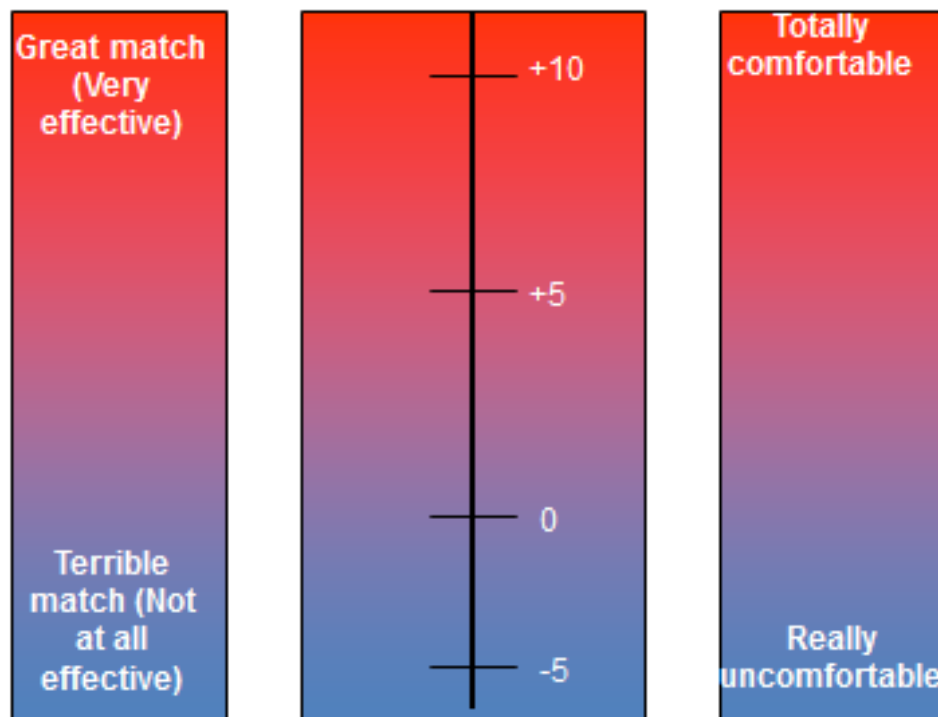




Take a moment to check in with yourself, and mark the following on the scales provided below:

- Where is your energy? How high or how low?
- How comfortable does that energy feel in your body?
- How good of a match is your energy for what you are doing *right now*?



If your energy is **comfortable** and **a good match**, great! If not, what can you do to get it there? Identify 1 strategy or skill that you can use to feel more comfortable and effective.