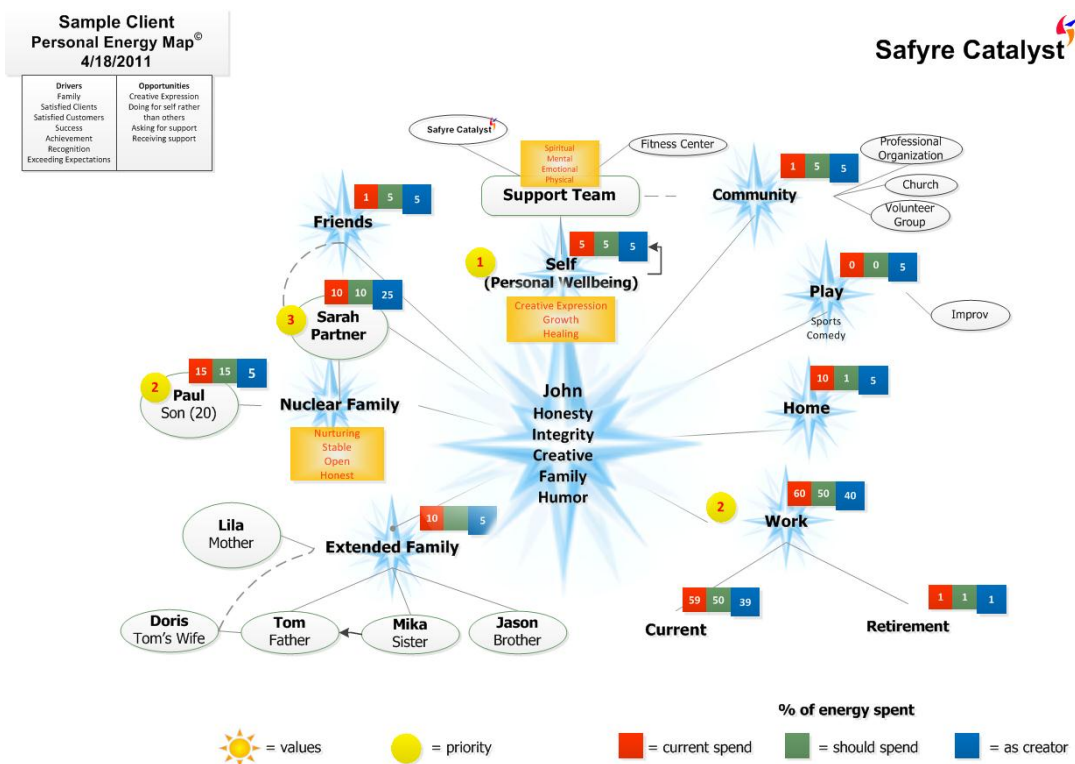


# Building Your Energy Map<sup>©</sup>

Energy is the power to make things happen in relationships, home, work, play and communities.

Your core is your power base of energy. Energy aligned with your core creates greater joy, meaning and satisfaction with life.

An energy map provides a big picture view of how you invest your energy in alignment with core attributes.



Discover the treasures in your own energy map through large group discussion and small group activities

- 🔥 Get in touch with your core attributes.
- 🔥 Describe your personal vision.
- 🔥 Look at how you invest your energy to create your personal vision.