

## Step - 1 - Your Daily Energy

### Exercise - Daily Energy Journal

The result of this practice is to increase awareness of your energy. This includes checking in with how you feel in your body- Physical Energy, as well as checking in emotionally- Emotional Energy. You can either do this check in with yourself at random times through the day, or if you notice yourself getting emotionally tweaked, or feeling peak, or anytime that you feel something shift, up or down; that's a good time to check in. Print the next page and carry it with you. You can fold it in quarters to stick in your pocket or pocketbook to have handy.

#### Physical Energy:

Check in with yourself periodically through the day and give yourself a score of 1 - 10; 1 is low and 10 is high. "1" means "I don't even want to get out of bed" and "10" is "I can do anything, I can climb a mountain!" For the purposes of this exercise, a higher score is not "better." You want to be really honest and note how you feel. You're not trying, at this point anyways, to *change* how you feel, just notice it. Of course, the idea is that as awareness increases, you'll begin to make different choices that will impact your energy favorably. Using the chart on the next page, simply record the day, time of day and the score by circling 1-10 to record how you feel.

#### Emotional Energy:

After you do the Physical Check- in, ask yourself how you are feeling? What is getting your attention? Try to capture that feeling and situation in a few words and note that on the chart. The words may reflect the Physical Energy or may go beyond that to an underlying state.

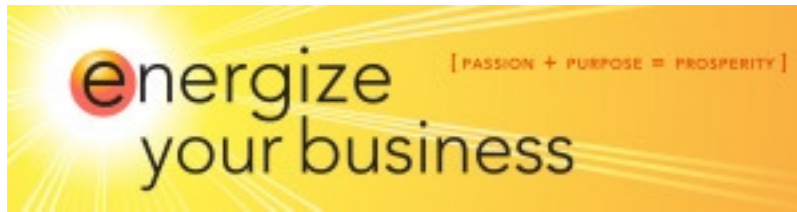
#### Review:

After you've done this tracking for a week or two, go back and see what you notice about the patterns or shifts through the times of day, and through the days of the week. If you notice anything or want a little help with this, please let me know. There will be teleclasses and groups on all the different Steps in the book so you can share your experience and hear what other people are experiencing. If you'd prefer, we can also set up a One-on-One session. Please refer back to the website for information on these opportunities:

[www.earthandlight.com](http://www.earthandlight.com)



<b>Day/Time</b>	<b>Physical Score</b>	<b>Emotions / Situation</b>
Ex: M 3pm	1 2 3 4 5 6 7 8 9 10	weary and boss snapped at me
	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10	
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	1 2 3 4 5 6 7 8 9 10	



### **Advanced Practice: Recapitulation**

There is a wonderful practice called Recapitulation. It is something that you can do to review a day's events, or you can go back and review a lifetime.

In either case, you use your awareness to go back and revisit the things that happened with a very special point of view.

The practice is to see where you gave up your energy or were not impeccable with your energy.

The result of the practice is that you can clean up the interpretation that you made, and reclaim the energy you put into the old interpretation.

This is a powerful way to build and maintain a high level of energy and to use it effectively.

If you want a session to learn about and practice Recapitulation, please contact me:

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