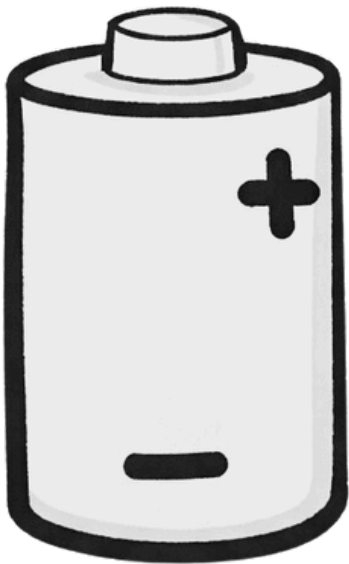
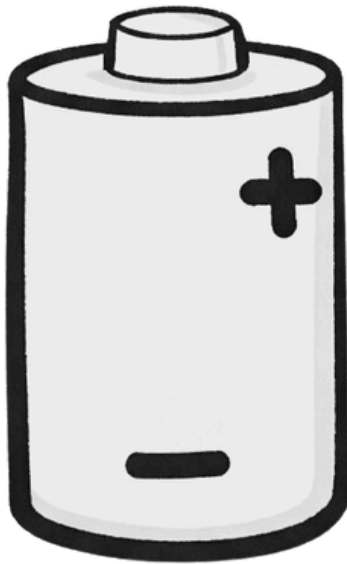


# KNOW YOUR BATTERIES

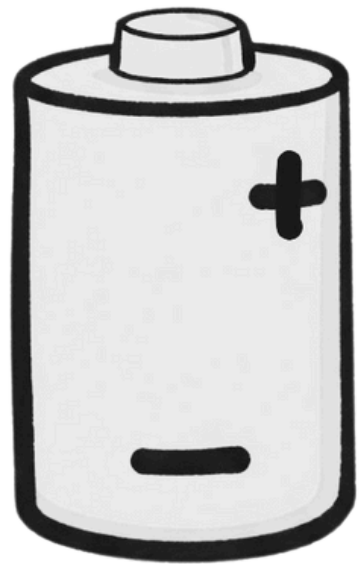
1. What do your batteries feel like when charged? When drained?
2. What charges you? What drains you?



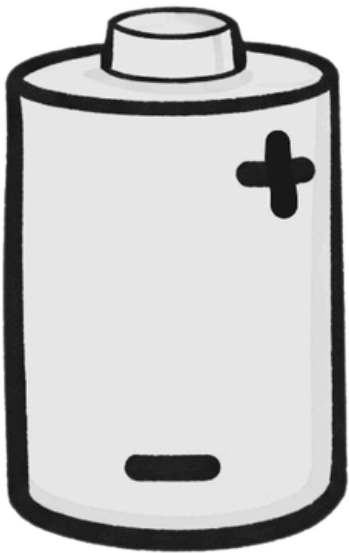
Physical



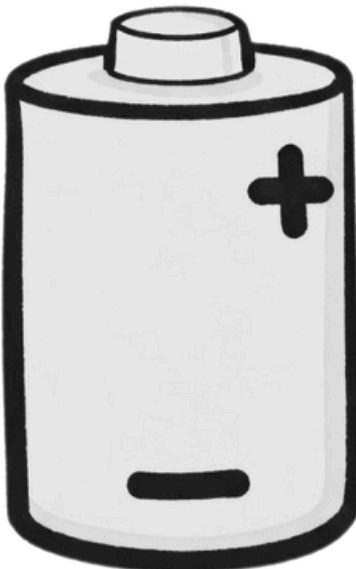
Mental



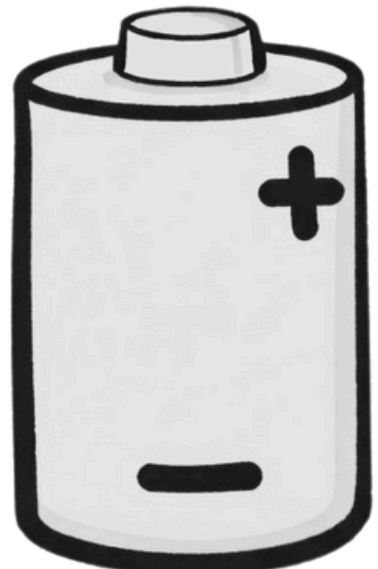
Emotional



Social



Sensory



Spiritual