



B My Sources of Life Energy (Journey)

What Can I Do? Capturing My Thoughts

The teen journey is a long journey and it takes a lot of energy. One of the keys to success is avoiding or managing the inevitable energy traps and focusing on your sources of energy. The best guideline is focusing 70% on taking advantage of your sources of energy (of which there are a lot). This will be key when you are an adult also.

1. Review the list of possible sources of energy and identify any that are current sources for you and those that could be sources. There are a lot of sources listed and they come in a lot of different forms. And you can add your own.
2. For those that you identify, determine actions you can take to (a) enhance the energy you get from current sources and (b) actions you can take to gain access to the new possible sources.

“Energy flows where attention goes.” James Redfield

	Current Source	Possible Source
1. Places of rest or renewal – where you can go that allows you to rest and relax – places that give you energy Action to take:		
2. Revisiting, renewing purpose and meaning Action to take:		
3. Reviewing desired personal profiles or heroic codes or heroic spirit Action to take:		
4. Building competence/capabilities/attitude and employing them Action to take:		



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5. Symbols and objects of meaning Action to take:		
6. Receiving from companions and helpers, healers, teachers, and mentors Action to take:		
7. Revisiting role models (talking with them?) Action to take:		
8. Positive internal dialogue Action to take:		
9. Self-care – little or big ways of taking care of yourself – staying healthy Action to take:		
10. Celebrating the successes of others Action to take:		
11. Experience of learning (insights, skills, capabilities) Action to take:		
12. Exercise		



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Action to take:		
13. Time with pets		
Action to take:		
14. Time spent on hobbies		
Action to take:		
15. Sports or exercise		
Action to take:		
16. Listening to music		
Action to take:		
17. Creating artwork		
Action to take:		
18. Cooking or baking		
Action to take:		
19. Making things (from woodwork to knitting)		
Action to take:		



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20. Going to movies Action to take:		
21. Writing in a journal Action to take:		
22. Being in a group that is fun or meaningful Action to take:		
23. Community service Action to take:		
24. Mastering something – even little things Action to take:		
25. Outdoor activities – from hiking to hunting Action to take:		
26. Celebrating success in meeting trials, tests, challenges, "crucible experiences" (small successes as well as large ones) Action to take:		



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27. Playing video games (particularly with friends) Action to take:		
28. (Add your own) Action to take:		
29. (Add your own) Action to take:		
30. (Add your own) Action to take:		