

Where is your Energy?

Sometimes we give our energy to things that do not serve us (worries, unhealthy relationships, etc.), Fill the small bubbles with where you put your energy that doesn't serve you. Fill the large bubble with things that are worthy of your energy.

The form consists of ten small, irregularly shaped bubbles of varying sizes and orientations, arranged in a loose circular pattern. In the bottom right corner, there is a significantly larger circle with a thick black border. The bubbles are intended for the user to write in, representing where they spend their energy.