

## Identifying Your Energy Cycles and Sources

Mornings are the best time for me to:

Mornings are the worst time for me to:

Afternoons are the best time for me to:

Afternoons are the worst time for me to:

Evenings are the best time for me to:

Evenings are the worst time for me to:

Late at night is the best time for me to:

Late at night is the worst time for me to: