

Name _____ Date _____

Conversation Partner _____

How do I feel doing these tasks....Empowered or Defeated?

Remember: An activity that makes you feel empowered makes you feel good, happy, or is something you love. An activity that makes you feel defeated makes you feel drained, unhappy, or frustrated.

Monday Tasks	E/D	Tuesday Tasks	E/D	Wednesday Tasks	E/D	Thursday Tasks	E/D	Friday Tasks	E/D

TASK LIST

Consider the tasks that make you feel empowered. What do you like about them?