Depletion to Renewal™ Plan

See next page to fill in your Depletion to Renewal Plan

**Step 1**
What do you hope to accomplish?

**Step 2**
Consider all the emotions you have been experiencing over the last few days and write them in the appropriate quadrant.

**Step 3**
Write the word ‘Now’ where you spend most of your time.

**Step 4**
Write the word ‘Goal’ where you would like to spend more time.

**Step 5**
What emotions and behaviors typically get in the way of accomplishing your goal?

**Step 6**
What thoughts, attitudes, behaviors or emotions will help you achieve your goal?
Depletion to Renewal™ Plan

Positive
DHEA

Love
Appreciation

Contentment
Serenity

Frustration
Resentment

Hormonal
Response

Anger
Anxiety

Happiness
Excitement

ANX
Arousal

High

Depletion

Cortisol

Negative