

OVERDRIVE WORKSHEET

WHICH ENERGIZER DO YOU MOST WANT TO PREVENT FROM GOING INTO OVERDRIVE?

1

WHAT ARE THE NEGATIVE CONSEQUENCES IF THIS ENERGIZER GOES INTO OVERDRIVE?

2

WHAT IS THE SITUATION/ISSUE/PERSON/GROUP THAT TRIGGERS YOUR OVERDRIVE?

3

WHAT OTHER ENERGIZER(S) CAN HELP YOU BALANCE THIS ENERGY IN OVERDRIVE?

4