



Possible Body Signals

Low Energy
Moving Slowly
Slow Heartbeat
Foggy Thinking
Heavy Muscles

Possible Body Signals

Medium Energy
Comfortable Body
Steady Breath and Heartbeat
Focused Thinking
Relaxed Muscles

Possible Body Signals

Higher Energy
Wiggly Movement
Faster Heartbeat
Faster Thinking
Tense Muscles

Possible Body Signals

Highest Energy
Hot/Sweating
Pounding Heart
Racing Thoughts
Powerful Muscles