

ART EDUCATOR ENERGY ASSESSMENT

Chances are your energy is depleted in one or more of these three areas. You have the agency to change your own endurance capabilities!

Instructions:

First, in the middle column list the exact things draining your energy in each category. Write out your thoughts, fears, and unknowns, specifically about being an art educator.

Next, in the far right column, list all of the things you could do to solve each of the energy challenges on the right. You might be surprised how many options you have!

Types of Energy	What is taking energy?	Options/Solutions/Changes
<p>Mental: Ideas, thoughts, processing information</p>	<p><i>What worries you most?</i></p>	<p><i>What can you do to positively address your worry?</i></p>
<p>Physical: Body and movement</p>	<p><i>What is your body doing that is depleting?</i></p>	<p><i>How could you give life and energy to your body?</i></p>
<p>Emotional: Feelings and general state of being</p>	<p><i>What are your negative feelings?</i></p>	<p><i>What would help to make your mindset more positive?</i></p>