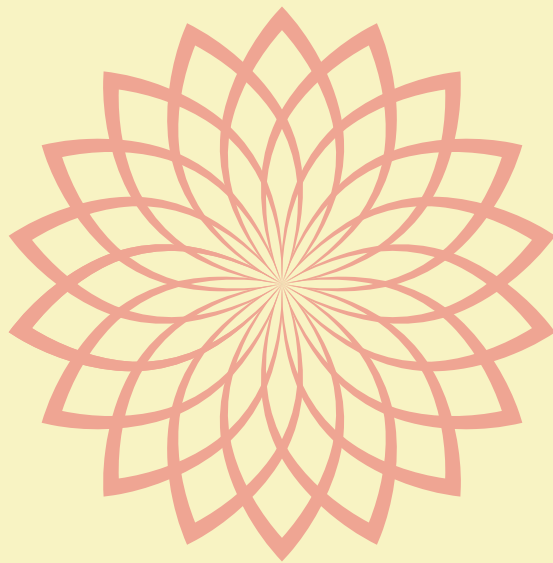


JOURNAL



TOPIC

ENERGY & FOCUS

BROUGHT TO YOU BY PSP HEALTH PROMOTION

What drained me today, and why? Was it a task, a thought, a dynamic? What could help you recover?

Qu'est-ce qui m'a épuisé aujourd'hui, et pourquoi? Était-ce une tâche, une pensée, une dynamique?

Qu'est-ce qui pourrait vous aider à récupérer?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a full page of blank handwriting practice paper. It features approximately 28 evenly spaced horizontal blue lines across the entire page, providing a guide for letter height and placement. The background is a solid light gray color. There are no margins, text, or other markings present.

[illegible]

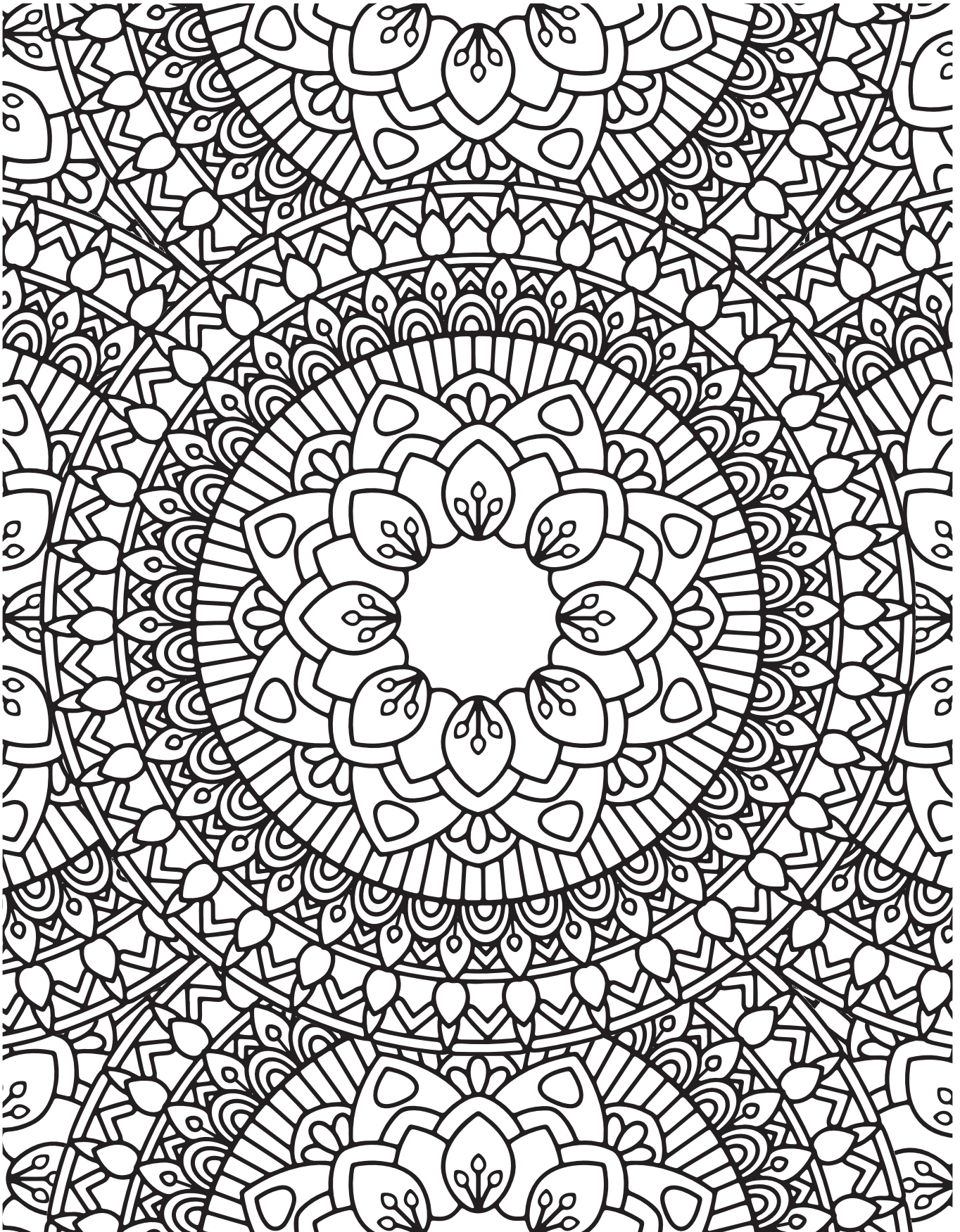
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Que signifie pour moi “être dans la zone”? Décrivez-le. Quelles conditions vous aident à y parvenir? Qu'est-ce qui vous en empêche?

[illegible]

[illegible]



FOR MORE RESOURCES

Check out the Grit Kit online for more resources from
PSP Health Promotion, Mental Performance, and
Reconditioning.

[https://cfmws.ca/moose-jaw/the-grit-kit-
bd855517630170dc676059d1b913352a](https://cfmws.ca/moose-jaw/the-grit-kit-bd855517630170dc676059d1b913352a)

**Make sure your community is set to Moose Jaw and the QR code will
take you right to the Grit Kit

