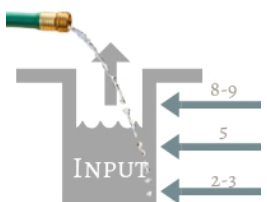


Input and Output

Following the wellness gauge, this activity provides an inventory of what your regular input and output is. Each activity/experience/idea that you do/have that nourishes you will be listed under input and each thought/action/task that you do for others/work is output.



Input	Output

