

## Designing Your Life in Uncertain Times with Gabrielle Santa-Donato '09

As you prepare for Session 2, please:

- Create an energy map throughout the week. You can navigate to this [list of worksheets](#) from the *Designing Your Life* book website and refer specifically to the "Energy Engagement Worksheet" and "Good Time Journal Activity Log" for additional information.
- Create a “bucket list” of things you would like to do and experience in your future (the sky is the limit!).

