Drain or fuel
How is what I am doing affecting me?

Doesn't give or take anything

Stimulates me Intellectually

Just blah

Gives me joy and energy

Makes me feel physically tired

Fuels my passion and curiosity

Drains my mind

Lights up my imagination and creativity

Emotionally draining

Helps me feel relaxed and centered

Totally draining everything out of me

Helps me feel connected with the world around me

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