

ENERGY DRAINS EXERCISE

INSTRUCTIONS

- Write in the spaces below what you are putting up with at home and at work (or your main occupation) to determine what might be limiting you right now. If you think of more than 10 items, just add them on the page.
- Examples of energy-zappers could be situations, 'shoulds', your own or other people's behaviour, clutter, unmet needs, crossed boundaries, half-finished items, dead plants, overdue library books, an outdated wardrobe, unresolved issues or guilt, eating habits, being undecided about something, a relationship, sleep...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

If there was ONE MAIN THING that totally drained your energy, it would be:

Next, pick ONE action to take right away (now or in the next day or so)!

Now that you've brought your energy drains into your awareness, you'll naturally begin fixing and resolving them.

Start here:

Action _____ By When _____

Remember that as we begin to clear the things that drain us (whatever they may be) we free up energy to do what we really want!

