



## **ENERGY DRAINS**

Creating your best life has more to do with what you remove from it than what you add to it. Everything undone, incomplete or unresolved drains your energy. Not being honest with yourself and avoiding conflict drains your energy. Every action you take uses energy, and every action you didn't take used energy.

### **IDENTIFY AND ELIMINATE YOUR ENERGY DRAINS**

If you are feeling overwhelmed and drained, you might have difficulty knowing what areas of your life to work on changing. Most of us are unconscious about how our mental energy is used throughout our daily lives. Becoming conscious of where your energy flows can be very revealing.

#### **CORE QUESTIONS**

There are potentially three big energy drains in your life. Learn what you are avoiding:

- Not believing you have a choice
- Not being able to say "no"
- Not finding support

Answer the following questions:

1. Are you avoiding or neglecting an area of your life? If so, why?  
Example: Cleaning out the basement? Going through your wardrobe? Writing a family member?
2. There are "cords of energy" connecting you to past, present and future – everything undone or incomplete in your life drains you. What are you worrying about? Trying not to think about?  
From what areas of your life are the "cords" pulling? Write these down and explore the reasons why.
3. Identify what areas the "cords" flow easily to. Which areas of your life please you? Write these down.
4. Finally, ask yourself, "If I eliminated these drains, how would my life change?"

#### **QUIZ: WHAT'S DRAINING YOU?**

Are you so overwhelmed by everyday life that you don't have the energy to deal with setting new goals for yourself? Do you feel drained? Do you know where you are spending your energy unproductively?

Read the following statements and decide whether your answer is True or False. For every section start with a score of "0" and for every True answer add 2 points. False answers yield "0" points. At the end of the quiz, read more about what your score means.

##### **Section 1. Relationships**

1. There are people in my life who continuously drain my energy
2. I have unreturned phone calls, e-mails or letters that need to be handled
3. I have unresolved conflict with a family member
4. I lack quality friendships in my life
5. I feel a void in my life created by the lack of a romantic partner
6. There is someone I need to forgive
7. There is a relationship I need to end
8. There is a phone call I dread making, and it causes me stress and anxiety
9. I'm currently involved in a relationship that compromises my values
10. I miss being part of a loving and supportive community

## **Section 2: Environment**

1. My car is in need of cleaning and/or repair
2. My wardrobe needs updating and/or alterations
3. I'd like to live in a different geographic location
4. I have appliances that need repair or upgrading
5. My home is not decorated in a way that nurtures me
6. My closets and/or basement are cluttered and need to be cleaned
7. Repairs need to be done around my home or apartment
8. My home is cluttered and disorganized
9. I miss having more beauty reflected in my environment
10. I watch too much television

## **Section 3: Body, Mind, Spirit**

1. I eat food that's not good for me
2. Something about my physical appearance bothers me
3. It's been too long since I've been to the dentist
4. I do not get the sleep I need to feel fully rested
5. I'd like to exercise regularly but never seem to find the time
6. I have a health concern for which I've avoided getting help
7. I have emotional needs that consistently go unmet
8. There are books that I'd love to read but never seem to find the time for
9. I lack personal interests that are intellectually stimulating
10. I lack a spiritual or religious practice in my life

## **Section 4: Money**

1. I have tax returns that are not filed or taxes are not paid
2. I pay my bills late
3. I spend more than I earn
4. I don't have a plan for my financial future
5. My credit rating is not what I'd like it to be
6. I do not have a regular savings plan
7. I do not have adequate insurance coverage
8. My mortgage rate is too high, and I need to refinance
9. I have debt that needs to be paid off
10. My will is not up to date

### **What Your Quiz Score Means.....**

Your score on each section represents the amount of energy you spend thinking about things you've been putting off and putting up with every day. If you're like most people, you probably scored 14 points in each section.

Now you know what areas of your life drain more energy than the others. Write this score in your journal so that you can keep track of your progress as you eliminate your energy drains and focus more on your Absolute Yes! List

As you take care of the things that distract you and drain your energy, you'll immediately feel an energy boost!