

## **ENERGY-DRAINERS**

In the spaces provided, list the energy-drainers in your life. Use additional paper if necessary.

Energy-Draining People

\_\_ 1.

\_\_ 2.

\_\_ 3.

\_\_ 4.

\_\_ 5.

Energy-Draining Emotions

\_\_ 1.

\_\_ 2.

\_\_ 3.

\_\_ 4.

\_\_ 5.

Energy-Drainers at Work

\_\_ 1.

\_\_ 2.

\_\_ 3.

\_\_ 4.

\_\_ 5.

Energy-Drainers at Home

\_\_ 1.

\_\_ 2.

\_\_ 3.

\_\_ 4.

\_\_ 5.

Other Energy-Drainers

\_\_ 1.

\_\_ 2.

\_\_ 3.

\_\_ 4.

\_\_ 5.

When you've completed your lists, go back and put a letter in the space at the left of each number. Write an O by the items you can overlook. Write an A by the items that need some action. In the space below, list some actions you can take to reduce the energy-drainers marked with As.