

# Close those Energy Drains

## Eliminating the energy drains is the first step

### Relationships

- There are people in my life that continuously drain my energy
- I have unreturned phone calls, e-mail or letters that need to be handled
- I lack quality friendships in my life
- I feel a void because of no romantic partner
- There is a relationship I need to end
- There is a phone call I dread to make
- I miss being part of a supportive and loving community

### Environment

- My car is in need of cleaning and/or repair
- My wardrobe needs updating and/or alterations
- I'd like to live in a different geographic location
- I have appliances that need repair or upgrading
- My home is not decorated in a way that nurtures me
- My closets and/or basement/attic are cluttered and need to be cleaned
- My home is cluttered and unorganized

### Body, Mind and Spirit

- I eat food that is not good for me
- It's been too long since I've been to the dentist
- I do not get the sleep I need to feel fully rested
- I have a health concern I have been avoiding getting help for
- There are books I'd love to read, but have no time
- I lack a spiritual or religious practice in my life

### Work

- My work is stressful and leaves me exhausted at the end of the day
- My office is disorganized, desk is a mess, can't find what I need
- I'm avoiding a confrontation or conflict at work
- I tolerate bad behavior from a boss or coworker
- I know I need to delegate specific tasks but can't let go of control
- I am not computer literate, and it gets in the way of productivity
- I am on overload!

### Money

- I pay my bills late
- I spend more than I earn
- I don't have a plan for my financial future
- My credit rating is not what I'd like it to be
- I do not have adequate insurance coverage
- I have debt that needs to be paid off

## Replace them with things that fuel you

### Relationships

- I enjoy the company of special friends
- I share my life with a soul mate
- I have a blood or chosen family that supports me
- I get immense pleasure from spending time with children
- I have a pet that brings me joy and provides me with unconditional love
- I spend time having fun with people who make me laugh
- I am part of a loving and supportive community

### Environment

- I have a special "soul nourishing" place in my home just for me
- I listen to my favorite music regularly
- I love my sense of style and feel good in the clothes I wear
- I've let go of all the "stuff" I no longer need
- I keep fresh flowers in my home and office
- My home is heat, clean and well organized
- I create beauty around me

### Body, Mind and Spirit

- I exercise regularly
- I have eliminated caffeine from my diet
- I have a way to relax that eliminates stress and keeps me centered
- I eat healthy and nutritious foods
- Each day I read something inspirational and positive
- I have a spiritual practice that connects me with my Wise Self

### Work

- My commute is stress free
- I have a mentor who guides and encourages me
- I always take lunch breaks
- I have colleagues who inspire and respect me
- I take mental health days when I need them
- I enjoy my work
- I feel energized at the end of most work days

### Money

- I always carry enough cash with me
- I am fully insured and protected
- I save more consistently
- My taxes are paid and up to date
- I enjoy being generous and easily share my wealth
- I pay my credit cards in full each month