

## APPENDIX J

# 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 have completed your lists, go back and put one of the following letters in the space at the left of each number: **O** by the items you can overlook, and **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 an A.