THE FIRST STEP

Name _____ Date _____

CLIENT INSTRUCTIONS: Make a list of what you are putting up with at work and at home to determine what might be limiting you right now.

We put up with, accept, take on, and are dragged down by things that we may have come to ignore. Now is the time to identify those things. As you think of more items, add them to your list.

You may or may not choose to do anything about them right now, but just becoming aware of and voicing them will bring them to the forefront where you'll naturally start handling, eliminating, fixing and resolving them.

Energy drainers can include situations, people's behavior unmet needs, crossed boundaries, incomplete items, frustrations, problems and even your own behavior.

ENERGY DRAINERS AT WORK	ENERGY DRAINERS AT HOME
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____
8. _____	8. _____
9. _____	9. _____
10. _____	10. _____
11. _____	11. _____
12. _____	12. _____
13. _____	13. _____
14. _____	14. _____
15. _____	15. _____

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