

## 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 a letter in the space at the left of each number.

Write **O** by the items you can overlook

Write **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.