

APPENDIX J

ENERGY-DRAINERS

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

Energy-Draining People

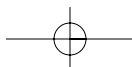
- __ 1.
- __ 2.
- __ 3.
- __ 4.
- __ 5.

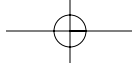
Energy-Draining Emotions

- __ 1.
- __ 2.
- __ 3.
- __ 4.
- __ 5.

Energy-Drainers at Work

- __ 1.
- __ 2.
- __ 3.
- __ 4.
- __ 5.





Appendix J | Energy Drainers

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.

