

CHRISTIAN COACHING: Helping Others Turn Potential into Reality, 2001 Used by permission of NavPress (www.navpress.com). All rights reserved.

APPENDIX J

ENERGY-DRAINERS

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

1.
2.
3.
4.
5.
Energy-Draining Emotions
1.
2.
3.
4.
5.
Energy-Drainers at Work
1.
2.
3.
4.
5.

Energy-Draining People

Copied from Gary R. Collins,

CHRISTIAN COACHING: Helping Others Turn Potential into Reality, 2001 Used by permission of NavPress (www.navpress.com). All rights reserved.

Appendix J | Energy Drainers

Energy-Drainers at Home
1.
2.
3.
4.
5.
Other Energy-Drainers
1.
2.
3.
4.

When you've completed your lists, go back and put a letter in the space at the left of each number.

Write an **0** 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.

5.