

COACHING TOOLS

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'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.

List some actions you can take to reduce the energy-drainers marked with As.