



Energy Drainers	My Energy Boosters
<ul style="list-style-type: none"> • I drink too much caffeine • I drink too much alcohol • I leave unclosed loops of unfinished business • I'm hooked on passive leisure • I worry or second-guess excessively • I fail to decide • I don't get enough exercise • I don't get enough sleep • I stew over unresolved conflicts • I allow too many interruptions • I fail to focus • I plan poorly or not at all • I use a single yardstick to evaluate the goodness of my day, career, life, family, or myself 	<p><i>Write at least one way you replenish yourself in each area that is...</i></p> <p><i>-Low Cost</i></p> <p><i>-Takes Very Little Time</i></p> <ul style="list-style-type: none"> • Physically • Emotionally • Mentally • Spiritually • Relational: At work At home