



Identify Your Energy Zappers

- **Light it Up:** What is zapping your energy at work or at home right now? (Feel free to list more than 10 – Go For It!)
- **Starter Zappers:** specific situations, 'shoulds', your own or other people's behavior, clutter, unmet needs, crossed boundaries, half-finished items, dead plants, unread email, lack of promotion or opportunities, unresolved issues or guilt, eating habits, being undecided about something, a relationship, sleep...

1. _____
2. _____
3. _____

4. _____
5. _____
6. _____

7. _____
8. _____
9. _____

If there was ONE THING that TOTALLY ZAPPED your energy it would be:

10. _____

Pick ONE action to take right away (now, or in the next day, max):

Now that you've brought your energy zappers into your awareness, you can naturally begin addressing them. Start here:

Action _____ **By When** _____

Remember that as we begin to clear out the things that drain us (whatever they may be) we free up capacity to do what we really want!