

# ENERGY

## DRAINERS & GIVERS

We put up with, accept, take on, and are dragged down by circumstances and relationships that we may have come to ignore rather than address. Now is the time to identify the things that drain your energy. You may or may not choose to make any changes right now, but just becoming more aware of these will bring them to the forefront of your mind. You might be surprised to see yourself eliminating, fixing or resolving a few of these drainers.

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ENERGY DRAINERS: PERSONAL

ENERGY DRAINERS: PROFESSIONAL

ENERGY GIVERS: PERSONAL

ENERGY GIVERS: PROFESSIONAL

# LIFE WHEEL

## CURRENT LEVEL OF SATISFACTION

For each dimension, give yourself a score (1-10) and mark or shade in the space accordingly.

Let's assume that a score of 10 indicates that your envisioned reality (the way you want things to be) and the way things are are in complete alignment. There is no judgment, this is just to help us identify the gaps between where you are now and where you want to be.



1 OR 2 AREAS YOU'D LIKE TO FOCUS ON:

# LIFE WHEEL

## REFLECTION

WHAT AREA(S) OF YOUR LIFE ARE MOST SATISFYING? WHY?

IDENTIFY THE AREA YOU'D LIKE TO FOCUS ON. DESCRIBE YOUR CURRENT REALITY.

WHAT IS YOUR ENVISIONED REALITY FOR THIS AREA OF YOUR LIFE?

HOW DOES THE WAY YOU SPEND YOUR TIME AND ENERGY SUPPORT YOUR ENVISIONED REALITY IN THIS AREA? ANY GAPS YOU WANT TO CONSIDER CLOSING?

# ACTION STEPS

## GOALS OR HABITS

Before we get too far along, it may be useful to consider if the change you are looking for would be best addressed by identifying goals or considering new systems for your life.

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### GOALS:

When you have a clear and specific objective you want to reach, goals are useful. Goals tend to be something you are going to complete once and then move on.

Consider using SMART Goals (goals that are specific, measurable, attainable, relevant, and time-bound).

Once you have identified your SMART goal, identify clear and specific strategies to help you accomplish your objective. Get as specific as possible and identify each small action step that needs to take place.

### HABITS:

When you want more sustainable life systems that align with your values and support your envisioned future, you may want to consider your habits.

Habits are not something you do just once, they are the small choices you make each and every day that help you live with intention.

Once you've identified habits that could help close the gap between your current reality and your envisioned future, consider the small choices that will help you implement your habits. Eventually these habits will create systems that can support your designed life.

### GOAL OR HABIT #1

(Begin closing the gap between your current reality and your envisioned future).

### GOAL OR HABIT #2

(Begin closing the gap between your current reality and your envisioned future).