

What's Draining You?

Take Time for Your Life, by Cheryl Richardson

All of us have limited energy, and people who live stressful lives are usually running close to empty. Eliminating what drains you allows you to make space for what is really important.

Most people have at least 75% of their mental energy tied up in the types of distractions listed below. Check any of the following that drain your energy.

Relationships

- There are people in my life who continuously drain my energy.
- I have unreturned phone calls, e-mails, or letters that need to be handled.
- I have an unresolved conflict with a family member.
- I lack quality friendships in my life.
- I feel a void in my life created by the lack of a romantic partner.
- There is someone I need to forgive.
- There is a relationship I need to end.
- There is a phone call I dread making, and it causes me stress and anxiety.
- I'm currently involved in a relationship that compromises my values.
- I miss being part of a loving and supportive community.

Environment

- My car is in need of cleaning and/or repair.
- My wardrobe needs updating and/or alterations.
- I'd like to live in a different geographic location.
- I have appliances that need repair or upgrading.
- My home is not decorated in a way that nurtures me.
- My closets and/or basement are cluttered and need to be cleaned.
- Repairs need to be done around my home or apartment.
- My home is cluttered and disorganized.
- I miss having more beauty reflected in my environment.
- I watch too much television.

Body, Mind, and Spirit

- I eat food that's not good for me.
- Something about my physical appearance bothers me.
- It's been too long since I've been to the dentist.
- I do not get the sleep I need to feel fully rested.
- I'd like to exercise regularly but never seem to find the time.
- I have a health concern for which I've avoided getting help.
- I have emotional needs that consistently go unmet.
- There are books that I'd love to read but never seem to find the time for.
- I lack personal interests that are intellectually stimulating.
- I lack a spiritual or religious practice in my life.

Work

- I no longer enjoy my job and have a hard time showing up each day.
- My work is stressful and leaves me exhausted at the end of the day.
- My office is disorganized, my desk is a mess, and I have trouble finding what I need.
- I'm avoiding a confrontation or conflict at work.
- I tolerate bad behavior from a boss or coworker.
- I am not computer literate, and it gets in the way of my productivity.
- I lack the proper office equipment that I need to do my job well.
- My work does not allow me to express my creativity.
- I know I need to delegate specific tasks but am unable to let go of control.
- I feel overwhelmed with the amount of information that enters my life in the form of mail, books, magazines, and e-mail.

Money

- I have tax returns that are not filed or taxes that are not paid.
- I pay my bills late.
- I spend more than I earn.
- I don't have a plan for my financial future.
- My credit rating is not what I'd like it to be.
- I do not have a regular savings plan.
- I do not have adequate insurance coverage.
- My mortgage rate is too high, and I need to refinance.
- I have debt that needs to be paid off.
- My will is not up to date.

List below the top five items you have checked to immediately focus on to restore your energy and improve the quality of your life.

1. _____
2. _____
3. _____
4. _____
5. _____