

Enerdrains and Energizers

Energy Sucking Activities	Energizing Activities

Which activities drain you the most? Energize the most?

Balancing Your Power

Between being and doing. Like the Christian Cross. Vertical is being and connecting to a higher power, horizontal is doing, like acting, working, helping.

Pay attention to your own needs. How does it feel right now that for the 50th time today, you're cleaning up after your family? How's your energy?



Create a concrete, objective list to show where your energy is going. Draw a line down the center of a page. On one side, list everything you do that drains your energy, and on the other side, everything you do that gives you energy. Now rate the items on your lists from 1 – 10 (10 being the most draining or the most energizing).

Example

Energy Sucking Activities	Energizing Activities
Talking on the phone more than I want, to be polite.	Biking
Looking at stuff that needs to be organized.	Hiking
Thinking about what I'm not doing but should be doing.	Exploring
Saying nothing when I'm mad.	Sex
Crowded noisy restaurant.	Nature
Thinking that I don't want to do something but I have to.	Physical labor
	Feeling Sunshine
	Swimming
	Helping People
	Time with my wife
	Time with my kids
	Fishing
	Canoeing
	Looking at art
	Creating art
	Driving my car on a curvy road
	Watching flowers bloom
	Observing wildlife
	Sunrise and sunset gazing
	Sitting by a fire on a cool night
	Building things
	Restoring antiques



Look at your self-talk drains. You've just had a nice dinner and you obsess over saying the wrong thing to someone, or you beat yourself up with negative self-talk. Do you feel more expanded, or contracted? Expansion means you feel good, and your energy gets bigger. When you obsess over what other people think of you, or that you should be perfect but you aren't, or when you don't speak your truth, your energy contracts and you get smaller.

Admit you're out of balance and start taking little steps to energize yourself. For instance, you could turn off your computer and eat your lunch in the park, rather than at your desk. Little steps have huge ripple effects.

