

ENERGY DRAINERS WORKBOOK



THE
EXPANSIVE
WOMAN PROJECT



SOUND FAMILIAR?

You open your closet door and behold a disorganized mess of clothes and purses and empty dry cleaning bags and whatever has been sitting on the top shelf for the past decade. Where's that black skirt you want to wear? Not the A-line one, but the pencil skirt. It could be anywhere. After several minutes searching through your disparate collection of mismatched hangers, you turn your attention to the floor. There it is. It fell off its cheap hanger and now it's crumpled and wrinkled, and what's that stain near the hem?

A photograph of a stack of books on the left side of the page. In the foreground, an open book lies flat, showing its pages. Behind it, several other books are stacked, some with visible spines and covers. The background is softly blurred, showing more books and a light-colored surface.

HOW ABOUT THIS?

Something in your fridge smells, but you haven't had time to clean it out. Your car has been making a funny sound when idling at traffic lights, but you haven't taken it to the mechanic because you hate how they talk to you there. You need to get your taxes done, but don't know where to start. There's a pile of empty Amazon boxes hidden in your guest bedroom. You've been meaning to break them down and put them in the recycling but you need a new blade for your boxcutter. Your computer desktop is a littered with so many files, you've forgotten what's there and/or why you put them there. Your nightstand has a pile of books you're going to get to someday soon.

LET'S FIX YOUR ENERGY DRAINERS



Let's talk about all the little, tiny, stupid things that drain your energy each and every day. We tend to ignore them, unaware that they are a daily tax on our attention, time, and energy.

Too many of them can lead to a feeling of overwhelm that can prevent us from tackling the big challenges in our lives — things like our health, our wellbeing, and having a fulfilling and purposeful career.

3 STEP

PROCESS

STEP ONE

LIST THEM

LIST EVERY SMALL ANNOYANCE AS YOU GO ABOUT YOUR DAY. WHAT ANNOYS YOU AT HOME? HOW ABOUT AT WORK? WHAT ARE YOU TOLERATING?

STEP TWO

COUNT THE COST

COSTS CAN INCLUDE TIME, INCONVENIENCE, FRUSTRATION, DISAPPOINTMENT, WELL-BEING, RELATIONSHIPS, HEALTH, AND OF COURSE, MONEY.

STEP THREE

ADDRESS THEM

WHICH ENERGY DRAINERS ARE NOT WORTH THE COST TO YOU? PUT A STAR NEXT TO ONE OR TWO OF THEM THAT YOU CAN DO SOMETHING ABOUT THIS WEEK.



ENERGY DRAINERS WORKSHEET

- STEP 1:

As you go about your day, list every small annoyance that is a tax on your attention and energy.
- STEP 2:

Consider the cost of each energy drainer in terms of time, inconvenience, frustration, disappointment, well-being, and health. Not the costs next to each item on your list.
- STEP 3:

Put a check-mark next to 4 to 8 energy drainers that you can do something about in the next month. Go do them!

	ENERGY DRAINER	COST
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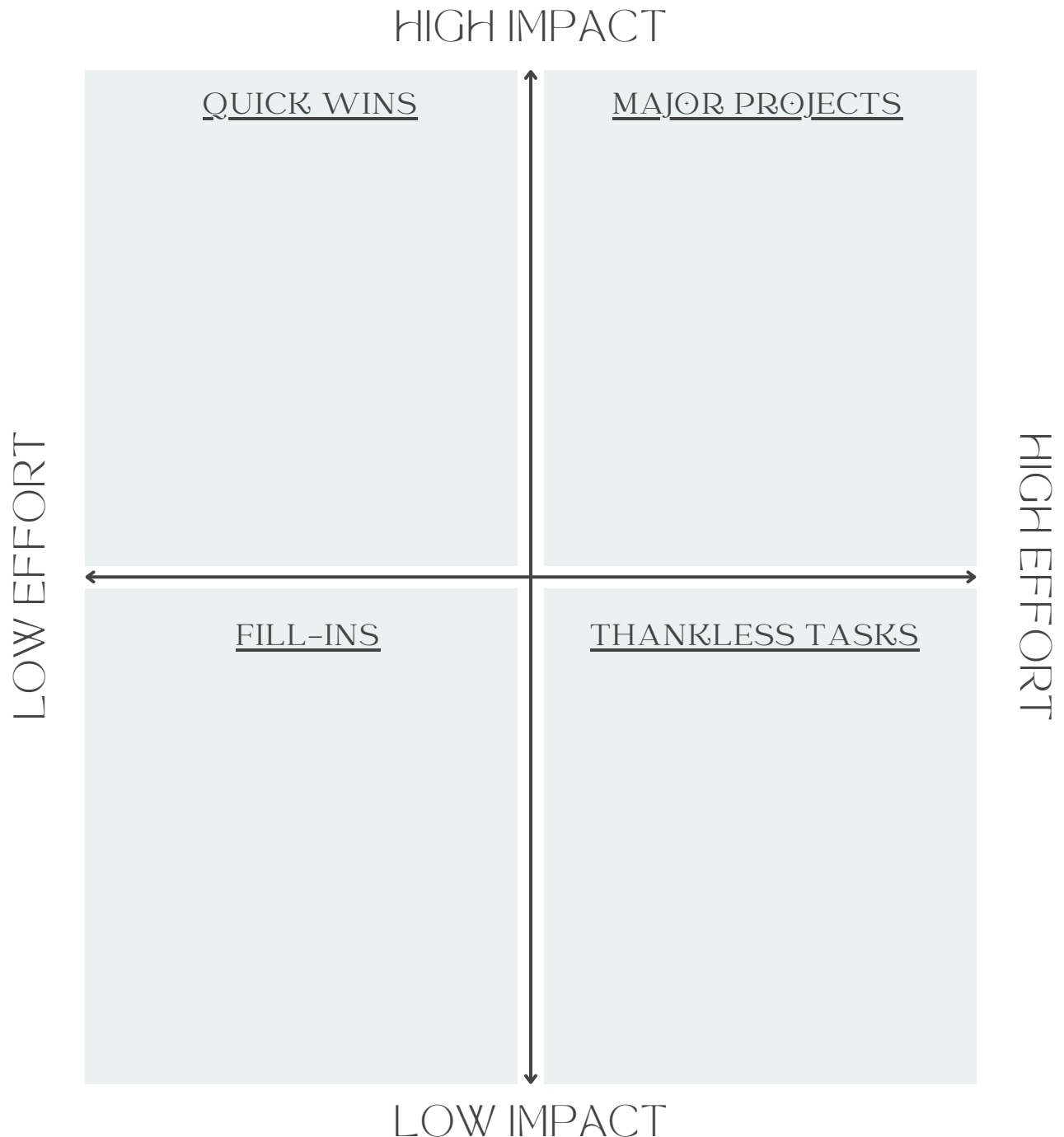
ENERGY DRANERS WORKSHEET

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ACTION PRIORITY

MATRIX

WHEN YOU'RE NOT SURE WHERE TO START, THIS MATRIX CAN HELP YOU VISUALIZE WHAT TASKS TAKE PRIORITY OVER OTHERS, AND HOW TO BEST ALLOCATE YOUR TIME TOWARDS THEM.



MONTHLY GOAL TRACKER

TRACKING YOUR GOALS WILL HELP YOU SEE HOW FAR YOU'VE COME!

MONTH _____

MY GOALS	COST	DONE
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		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>





KEEP IT UP!

By the end of the month, you'll notice more time and space opening up for you, for your family, for new thinky-thinky thoughts, and for new creations and possibilities.

Schedule a new energy drainers audit for later in the year.

Then list 'em, count the cost, address them, and keep it up.

Will you get to all of them? Probably not. But even so, you'll be surprised by how much progress you make, and how much better you feel.

MORE COURSES FROM THE EXPANSIVE WOMAN PROJECT



Discovering Your Expansive Self

Get unstuck and design the life you were always meant to live.

Understand what got you to this place in your life. Discover your purpose, mission and vision. Harness the incredible power of "I can, if..." to achieve your dreams. Create your Big Plan and put it to work.



Overcoming Imposter Syndrome

What if you could feel confident and authentic every day at work?

By understanding the root causes of your Imposter Syndrome, you will break the pattern of self-doubt and sabotage that has been holding you back. Become the fullest expression of your powerful, expansive self.

VISIT [EXPANSIVEWOMAN.CO](https://expansivewoman.co)
FOR DETAILS

