



Energy Drainer Exercise - Cheat Sheet

1. What is draining your energy?

Brainstorm. Anything goes – personal or professional. Pick one drainer to work with.

2. How is it impacting you?

- a. What do you EXPECT from others / the company / yourself? What should they be doing?
- b. What are you TOLERATING? What's the impact of the drainer on you?
- c. Is there anything crossing a line or BOUNDARY? Making you angry? Compromising a value?
- d. What SHOULD/could/would you have done to avoid this drainer? What are you beating yourself up about?

Note: Not all the questions need to be answered. The questions are prompts to help “unpack” the drainer and see how it’s affecting you. This is “constructive venting”.

3. What do you want instead?

If your answer depends on someone/something else changing, push yourself to go further: if it/they changed...what would you gain?

4. What options do you have to gain what you truly want? Be creative and exhaustive!

5. What action will you take?

Which action speaks loudest to you? Pay attention to where the energy is. Commit to the action with specifying what with whom by when.