



Identify Your Energy Zappers

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INSTRUCTIONS:

- **Write in the lightning bolts below** what you are putting up with at home and at work (or your main occupation) to determine what might be limiting you right now. If you think of more than 10 items, just add them on the page.
- **Examples** of energy-zappers could be; situations, 'shoulds', other people's, or your own, behavior, clutter, unmet needs, crossed boundaries, half-finished items, dead plants, overdue library books, an outdated wardrobe, unresolved issues or guilt, eating habits, being undecided about something, a relationship, sleep...

1. _____
 2. _____
 3. _____

4. _____
 5. _____
 6. _____

7. _____
 8. _____
 9. _____

If there was ONE THING that TOTALLY ZAPPED your energy it would be:

10. _____

Finally, pick ONE action to take right away (now or in the next day or so):

Now that you've brought your energy zappers into your awareness, you'll naturally begin fixing and resolving them. Start here:

Action _____ **By When** _____

Remember that as we begin to clear the things that drain us (whatever they may be) we free up energy to do what we really want!