



The Military Spouse Coach®

Support, strategies and solutions for career and life

What is Draining you?

This list represents some common energy drains. Take a few minutes to review the list. Please put an X by each that applies to you. Feel free to add other statements as well. For each one that you choose, place a weighted value on the line after the statement on a scale from 1 to 5, where 5 is important and you very much want change it and 1 is least important.

Relationships

- _____ There are people in my life who continuously drain my energy.
- _____ I have phone calls, e-mails or letters that need to be handled.
- _____ I have an unresolved conflict with a family member or friend.
- _____ 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 need to make and it causes me stress and anxiety.
- _____ I'm currently involved in a relationship that compromises my values.
- _____ I miss being a 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 and/or pleases 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 unorganized.
- _____ I miss having more beauty reflected in my environment.
- _____ I watch too much television.

Body, Mind and Spirit

- I eat food that is not good for me.
- Some thing about my physical appearance really bothers me.
- It's been too long since I've been to the dentist and/or doctor.
- 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 I'd love to read but never seem to manage the time.
- I lack personal interests that are intellectually stimulating.
- I lack a 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 unorganized and/or my desk is a mess.
- 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 I can't give up control
- I feel overwhelmed with the amount of information that enters my life (mail and emails)

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.

Scoring: Add up the numbers from the column that represents weighted value, for each life area.

- _____ Total Relationship Energy Drain Points
- _____ Total Environment Energy Drain Points
- _____ Total Body, Mind and Spirit Energy Drain Points
- _____ Total Work Energy Drain Points
- _____ Total Money Energy Drain Points

- _____ Total Energy Drain Points

Imagine that your FULL inner fuel tank registers at 250 points. How many points do you have left after subtracting your energy drain points?
Remaining Energy Points _____.

Most of us are not aware of how our mental energy is used throughout our day-to-day lives. If you're like many people, you may have a significant amount of energy tied up in these type of distractions. It can be revealing to become conscious of where your energy flows. It is an important place to start when changing one or many areas of your life. Plugging up these drains will help make sure you have the energy and focus for what is truly important.

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