**Get Instant Energy by Ditching**

**Energy Drainers**

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Wish you had more energy to enjoy family and friends, or time to take care of yourself? Feel like you are missing out on the important things in life? Do you often feel overwhelmed and wiped out? If you answered “yes” to any of these questions, there may be hidden energy drainers in your life, things you ***dread***, ***dislike*** or that ***distract*** you and zap your energy.  You will be surprised at how some simple, positive tweaks in your schedule can quickly create space for activities that ***give you energy, generate creativity,***and ***get you excited!***  So, let’s get to it.

Use the chart below to identify the energy drainers in your life so you can transform them into energy gainers. For the drainers, identify *environments* and *choices* that are negatively impacting your life. Then, think of a gainer alternative to those drainers. As you read through the list, which two can you most identify with?

***Environments*** that drain your energy and gainer alternatives

|  |  |
| --- | --- |
| ***Drainer*** | ***Gainer alternative*** |
| Noisy environment | - Get away- Wear ear plugs- Play soothing music- Turn off background noise |
| Negative conversation   | - Avoid negative attitudes- Don’t feed complaining- Find positive people  |
| Nagging injury | - Rest when it hurts- Get a treatment plan and stick to it- Start an alternative training regimen to stay active while avoiding re-injury  |
| Unhealthy food choices  | - Plan meals before the week starts - Have healthy snacks handy - Choose blood sugar stabilizing foods |
| Clutter | - Adopt the “use it or loose it” policy or “1 in 1 out” wardrobe rule- Use labels to organize closets and drawers- Have an ongoing “out box” to get rid of items you no longer use  |

***Choices*** that drain your energy and gainer alternatives.

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| --- | --- |
| ***Drainers*** | ***Gainers*** |
| Multi-tasking | - Slow down- Make a check list- Set realistic expectations |
| Procrastinating | - Make a deadline- Create an incentive/ reward for completing a task |
| Complaining, Worry | - Accept what you can’t control - Change what you can control. - Use coping skills like meditation, exercise, talking etc. |
| Over Booking | - Know your priorities- Schedule important activities- Leave time for flexibility- Learn to say no |
| Taking on other people’s work  | - Delegate- Set firm boundaries- Stick to your role  |

Now it’s your turn.

1. Choose 1-2 drainers from the list above or create your own
2. Brainstorm energy gainer alternative
3. Create specific actions to take within the next week.
4. Pick a start and stop date for a 7-day trail run. Once you have fine-tuned your energy gainer action steps, make a permanent change.

|  |  |  |
| --- | --- | --- |
| ***Drainer*** | ***Gainer*** | ***Action*** |
| *Eg: I get distracted by needless tasks and put off work until late hours of the night. I end up taking twice as long to finish my work and never really get a chance to relax. The next morning I am exhausted because I didn’t get the sleep or relaxation I need.*  | *Getting my work done in the morning would help me be more efficient and be able to relax in the evening. Having some down time and the sleep I need would be a great reward for not procrastinating.*  | *Starting Monday:* *- Arrive to work 1 hour earlier.* *- Sit in my office where I am not distracted* *- After I am done working I will enjoy a relaxing evening and not have work to take home!*  |
| *1.* |  |  |
| *2.*  |  |  |

***Remember, energy saved is energy gained.*** Start to take notice of how you feel and what things in your life are impacting your energy.  Don't miss out on making a simple change that can give you instant energy now! It is time to swap energy drainers for energy gainers and get out of energy debt!