

# ENERGY ZAPPERS



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## IDENTIFY YOUR ENERGY ZAPPERS

### Instructions:

- **Write in the lightning bolts below** what you are putting up with/ doing at home and/or in your career (aka your main occupation) to determine what might be energy-draining 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', your own or other people's behaviour, clutter, unmet needs, crossed boundaries, half-finished items, dead plants, overdue library books, an outdated wardrobe, unresolved issues or guilt, eating habits, being undecided about something, a relationship, sleep...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:** \_\_\_\_\_