



# Reclaim Your Energy

AN EXERCISE FOR REFLECTION & ACTION

Practical Wisdom

# Hello, and welcome!

## Thank you for downloading this exercise!

If you're reading this, it's likely because you're on a journey of self discovery and you want to improve where you are in your life, learn something about yourself, and continue to grow and develop as a person. That's amazing and I acknowledge you for that.

This 'Reclaim Your Energy' exercise will help you pinpoint where your energy is depleted the most, so that you can identify how to best "fill your cup". Awareness is always the first step towards change.

## Some helpful tips as you prepare to complete this exercise:

- Set aside a few minutes of intentional time.
- Remove distractions. Turn off your phone and decide to spend some quality time with yourself.
- Take some deep cleansing breaths before you start. This will help you to connect with your intuition.
- Tap into (and trust) your intuition. Your inner wisdom knows how to guide you best.
- Don't overthink things. Usually the first thing that comes to mind is the best.
- Approach this with no-judgement; there is no right or wrong. You are wonderful just the way you are.
- Use this exercise as a guide. You may come up with your own way of determining some of these ideas. Do what feels right to you and listen to your intuition!

I'm glad you have found your way to this exercise. My intention is that it helps you find insights and clarity.

-Vera

*I help women gain clarity about what's important in their life, connect with their purpose, and take action to live a genuine and fulfilled life. I'd love to help you too. **Book a call to learn more.***

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# Reclaim Your Energy

Review the potential energy zappers below and check off the ones that deplete your energy. (This means they are depleting your positive energy, happiness, joy, peace, sense of control, etc.)

- Too much on your plate
- Making unhealthy decisions
- Feeling disconnected
- Not sure what you want next in your life
- Your job
- Imposter syndrome
- Feeling drained or run down
- Seeing unread emails in your inbox
- Lack of sleep
- Eating junk food
- Dealing with toxic or negative people
- Missing a workout
- Coming back to work after vacation
- Clutter (in your home, your kitchen, your desk)
- Feeling that you're working all the time
- No disconnect between home and work
- Buying groceries
- Meal planning or making meals
- Financial/money worries
- Guilt
- Caring for your parents
- Worried about your children
- Not having a daily routine
- A difficult employee at work
- Deadlines
- Social media
- The news
- The economy/recession
- Global issues (wars, flooding, fires, climate change, etc.)
- Not having a weekly or monthly plan
- Your to-do list
- Feeling that you're not reaching your goals
- Not having clear goals or vision
- Not having enough time with your family
- Feeling out of control
- Lack of purpose
- Relationship issues/difficulties
- Over drinking
- Other:

# Reclaim Your Energy

Did anything surprise you when going through the list?

How do you feel (in your body) when reviewing what you checked off?

Pick your TWO biggest energy zappers. How do you think you can start to minimize these in your life?

# Reclaim Your Energy

Pick your top TWO energy zappers. Then, write out the opposite (i.e. what would energize you instead?)

Energy Zapper:

Energy Expander:

Energy Zapper:

Energy Expander:

What is ONE TINY action you can take towards your energy expanders (to start to reclaim your energy)?

Energy Expander:

Energy Expander: