

Takes & gives energy

Get an overview of what gives you energy and what takes your energy in everyday life. You **must** list 5 things.

Drains your energy:

1. _____

2. _____

3. _____

4. _____

5. _____

Gives you energy:

1. _____

2. _____

3. _____

4. _____

5. _____

Which of the things that drain your energy can you change to giving you energy instead - and how?

Which of the things that drain your energy can you remove entirely and how?

You now have an overview of the energy draining things you can change into giving you energy, and the things you can remove entirely.

You probably still have things that drain your energy which you cannot change nor realistically remove from your life.

Your choice is to accept them as a part of life - the more you accept them, the less they will drain your energy.

When you cultivate satisfaction you will become more satisfied. Accept the things you cannot change and take action on the things you *can* change.

Which of the things that give you energy can you do more and how?

When you are conscious of the things that give you energy, you will automatically do them more. You attract what you focus on.

Build your life to contain at least 60% energy filling actions, thoughts and emotions.

It is up to you to choose whether you want to be happy and filled with joy most of the time, or if you want to do what is the easiest short term - nothing.

Notice:

It can be extremely difficult to change your life. You most likely have to do things, which at the moment feel unpleasant and are big changes. Hence, use this exercise to motivate yourself while changing your life to contain more energy *giving* than energy draining things.

When you shift from one state to another state, you will experience chaos while transforming. Be prepared and look at the benefits in the long run.