



**MORTGAGE MASTERMIND**  
ELITE

## Eliminate Your Energy Drainers



**The Defining Difference**  
BY CINDY ERTMAN

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## Eliminate Your Energy Drainers

**Think of energy drainers as that little bit of white noise in the background.** You're not really aware of it, but it's there and it's having an effect on you and your performance. These energy drainers create friction and increase your frustration level.



**Energy drainers distract you from your focus** because they are always there in the subconscious mind dancing around reminding you they need your attention.

**During times of major change and transition,** excessive energy drainers can take an otherwise gifted, effective and skilled person, and cause them to behave in uncharacteristic and unproductive ways.


**In effect, excessive energy drainers take an already difficult situation and turn it into chaos!** Instead of allowing these to zap your energy, I want to encourage you to zap your energy drainers and reclaim your energy, one energy drainer at a time. There are four different areas to focus on when it comes to energy drainers:

- **Mindset** - Think about your energy draining thought patterns or behaviors - such as self-limiting beliefs or a negative attitude.
- **Surroundings** - Think about your home and your work environment and things that are in disrepair or cluttered. You may have excessive clutter in your garage or cabinets, unfiled stacks of papers, a cluttered desk, a doorknob that is falling off, a leaking faucet, disorganized closets and/or drawers, clothes that no longer fit, etc. Also think about disorganized computer files, electronic devices, TV shows on your DVR, old voicemails, etc. The list can go on and on.
- **Situations** - Think about recurring situations in your life that are energy drainers such as negative people, uncooperative employees or business associates, etc. Also think about unresolved anger, disputes, etc.
- **Technology** - How often are you interrupted by the TV, news, Facebook, Social Media alerts, etc.

## Identify Your TOP 5 Energy Drainers

that if eliminated, reduced, or resolved, could improve the quality of your life.

### Eliminate Your Energy Drainers

<p><b>MINDSET</b></p> <ul style="list-style-type: none"> <li>- Self-limiting beliefs</li> <li>- Negative words/self-defeating language</li> <li>- Negative thinking/pessimist</li> <li>- Negative mind chatter</li> <li>- Replaying negative past events</li> </ul>	<p><b>SURROUNDINGS</b></p> <ul style="list-style-type: none"> <li>- Excessive clutter/disorganization</li> <li>- Things that are in disrepair</li> <li>- Noisy environment</li> <li>- Clothes and items no longer used</li> <li>- Unpleasant work/home environment</li> </ul>
 <small>The Defining Difference BY CINDY ERTMAN</small>	
<p><b>SITUATIONS</b></p> <ul style="list-style-type: none"> <li>- Negative relationships/draining people</li> <li>- Lack of speaking up/bottling emotions</li> <li>- Challenges with finances</li> <li>- Holding onto unresolved anger</li> <li>- Unwillingness to forgive</li> </ul>	<p><b>TECHNOLOGY</b></p> <ul style="list-style-type: none"> <li>- Cell phones (texting, phone calls)</li> <li>- Internet surfing</li> <li>- FaceBook, Instagram, Twitter</li> <li>- YouTube</li> <li>- Television</li> </ul>

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3. \_\_\_\_\_
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