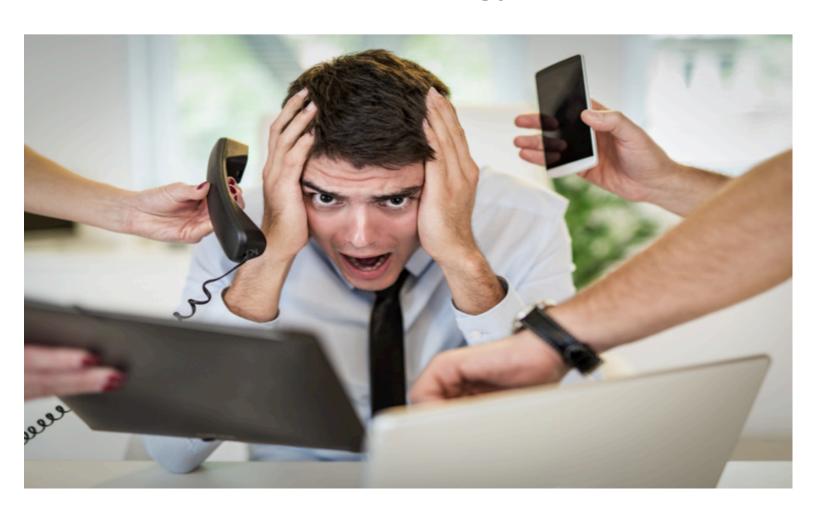


Eliminate Your Energy Drainers





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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

MINDSET

- Self-limiting beliefs
- Negative words/self-defeating language
- Negative thinking/pessimist
- Negative mind chatter
- Replaying negative past events

SURROUNDINGS

- Excessive clutter/disorganization
- Things that are in disrepair
- Noisy environment
- Clothes and items no longer used
- Unpleasant work/home environment



SITUATIONS

- Negative relationships/draining people
- Lack of speaking up/bottling emotions
- Challenges with finances
- Holding onto unresolved anger
- Unwillingness to forgive

TECHNOLOGY

- Cell phones (texting, phone calls)
- Internet surfing
- FaceBook, Instagram, Twitter
- YouTube
- Television

Identify Your TOP 5 Energy Drainers...

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