**Energy Leaks Inventory**

For: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Ask yourself…*

What is draining you?

What is preventing you from being at your best?

What are you tolerating or putting up with?

What DON’T you want?

Instructions:

The intention of this exercise is to identify where your creative life energy may be getting zapped or drained.

1. Tick the items that you relate to.
2. Go through your list of energy leaks and identify a solution/s that is specific and measurable (not general or vague) and can be achieved in a defined timeframe (e.g. one week).
3. Cross items off as you seal up that energy leak. Note how you are making more of your life energy available for creative living.

Tips:

* Start small and chip away.
* Get some momentum happening by addressing some of the easier items first.
* Then address the items that have significant impact on your energy and wellbeing.

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| --- | --- | --- | --- |
| **Tick** | **Possible Energy Leak** | **Potential Solution/s** | **When will I commit to do this?** |
|  | **Mental and Emotional Health** |  |  |
|  | Consistently unmet emotional needs |  |  |
|  | Feeling depressed or low |  |  |
|  | Feeling stressed |  |  |
|  | Feeling anxious |  |  |
|  | Feel sense of loneliness |  |  |
|  | Feeling emotionally closed |  |  |
|  | Expecting a lot of myself |  |  |
|  | Lack of focus, concentration or organisation |  |  |
|  | Unhappy with appearance |  |  |
|  | Other: |  |  |
|  |  |  |  |
|  | **Personal and Spiritual Growth** |  |  |
|  | Lacking intellectual stimulation |  |  |
|  | Lacking sense of connection |  |  |
|  | Lacking sense of meaning |  |  |
|  | Lacking sense of spiritual path |  |  |
|  | Lacking time for self-reflection or inner work |  |  |
|  | Lacking sense of or time for fun |  |  |
|  | Sense of being lost |  |  |
|  | Sense of stagnation |  |  |
|  | Engage in time stealing or numbing habits (e.g. television, video games, phone calls) |  |  |
|  | Miss being part of community that supports growth |  |  |
|  | Other: |  |  |
|  |  |  |  |
|  | **Physical Health** |  |  |
|  | Need more sleep as not fully rested |  |  |
|  | Not a healthy weight |  |  |
|  | Feeling unfit |  |  |
|  | Lack of energy |  |  |
|  | Unhealthy, unbalanced diet |  |  |
|  | Not enough water intake |  |  |
|  | Chronic pain or health concern |  |  |
|  | Drug/ alcohol intake concern (includes nicotine and caffeine) |  |  |
|  | Too long since last dental visit |  |  |
|  | Too long since last health check-up, including screenings |  |  |
|  | Particular health concern not addressed |  |  |
|  | Consistently running on adrenaline |  |  |
|  | Other: |  |  |
|  |  |  |  |
|  | **Relationships** |  |  |
|  | *Friendships and Social Life* |  |  |
|  | Not enough contact with friends I value |  |  |
|  | Lacking quality friendships in life (misaligned or superficial) |  |  |
|  | People in my life who drain my energy |  |  |
|  | Unreturned phone calls, emails, letters |  |  |
|  | Unfinished business with someone (need to forgive, let go, make amends) |  |  |
|  | Relationship that compromises my wellbeing or values |  |  |
|  | Lacking a loving and supporting community |  |  |
|  | Not enough social/ recreation, going out |  |  |
|  | Social circle too small or too big (not enough or can’t keep up) |  |  |
|  | Other: |  |  |
|  |  |  |  |
|  | *Partner* |  |  |
|  | Feeling a void in my romantic life |  |  |
|  | Partnership doesn’t feel life-giving |  |  |
|  | Not enough quality time with partner |  |  |
|  | Lack of quality communication |  |  |
|  | Difficulty in partnership (unresolved issues, tension) |  |  |
|  | Too much time with partner (feeling suffocated) |  |  |
|  | Other: |  |  |
|  |  |  |  |
|  | *Family* |  |  |
|  | Not enough quality time with family |  |  |
|  | Family life feels heavy, obligatory or strained |  |  |
|  | Difficulty with children |  |  |
|  | Not enough contact with valued relatives |  |  |
|  | Other: |  |  |
|  |  |  |  |
|  | **Home Environment** |  |  |
|  | Not in ideal geographical location or residential area |  |  |
|  | Excess of noise |  |  |
|  | Not enough natural light in home |  |  |
|  | Size/ type of house is not suitable |  |  |
|  | Home is not decorated in a way that nurtures me or reflects my taste |  |  |
|  | Home is cluttered and disorganized, can’t find things |  |  |
|  | Closet and storage areas are cluttered, need to be cleaned |  |  |
|  | Repairs need to be done around the home  |  |  |
|  | Furniture needs replacing |  |  |
|  | Appliances need repair or upgrading |  |  |
|  | Car is in need of cleaning and/ or repair  |  |  |
|  | Not happy with wardrobe (or clothes) |  |  |
|  | Other: |  |  |
|  |  |  |  |
|  | **Career** |  |  |
|  | *Current role and path* |  |  |
|  | Unmotivated and/ or uninspired about my job |  |  |
|  | Working in the wrong field |  |  |
|  | Inability at work to express my creativity and/ or strengths |  |  |
|  | Job role and responsibilities are unclear |  |  |
|  | Inefficiency, my own or others related to my role/ job |  |  |
|  | Need better resources, equipment, training or support to do my job well |  |  |
|  | Find my job stressful |  |  |
|  | Need to delegate specific tasks more |  |  |
|  | Other: |  |  |
|  |  |  |  |
|  | *Working conditions* |  |  |
|  | Tolerating poor behaviour from a boss or colleague |  |  |
|  | Organisational culture dysfunctional |  |  |
|  | Don’t relate to colleagues |  |  |
|  | Too much information or communications to keep up with |  |  |
|  | Not paid what I am worth |  |  |
|  | Poor physical working environment |  |  |
|  | Not organized, distracted |  |  |
|  | Over long working hours |  |  |
|  | Other: |  |  |
|  |  |  |  |
|  | **Money/ Finances** |  |  |
|  | Tax returns that are not filed or taxes unpaid |  |  |
|  | Bills unpaid/ late |  |  |
|  | Spend more than I earn |  |  |
|  | No plan for my financial future or retirement |  |  |
|  | Poor credit rating |  |  |
|  | No consistent savings plan |  |  |
|  | Inadequate insurance coverage |  |  |
|  | Mortgage rate or rent too high |  |  |
|  | Overwhelmed by debt |  |  |
|  | Need an up to date will |  |  |
|  | Unmanageable credit cards |  |  |
|  | Feeling worried about money |  |  |
|  | Other: |  |  |