

Energy Drainers Worksheet

Small Annoyances

We ignore them, unaware that they are a daily tax on our attention and energy. Messy closets, a crowded garage, a fridge that needs cleaning, a car that needs a tune-up.

Small annoyances build up over time to become...

Big Complaints

The messy closet becomes a metaphoric reminder of our messy life. The car that needs a tune-up becomes a car that needs a new alternator. The crowded garage becomes unusable.

They create tension. They crowd us in. We become conscious of how they affect our quality of life.

They cause you to suffer.

Suffering is not Heroic

Suffering causes you to contract. It results in less of you. The world needs more of you. Do your kids, coworkers or spouse benefit from your suffering? How would your relationships be different if you were expansive, rather than contractive?

What is draining you?

1. List them

List every small annoyance and big complaint. Think about work, home, family, and community.

2. Count the cost

Costs can include time, inconvenience, frustration, disappointment, well-being, and health. Note the costs next to each item on your list.

3. Begin addressing the small annoyances that are not worth the cost to you.

Put a star next to two items you can do something about this week.

Go to it!

Keep hacking away at your small annoyance list in the coming weeks.

4. Remember the big complaints on your list when you're building your goals in Week 6.