



Here's an idea list of things that can cause energy leaks in your life:

This is meant to be a guide, feel free to add other specific things that you think of.

Health: Body/mind/spirit

- Being overweight
- Hair that you're not happy with
- Not enough time scheduled for dreaming
- Too tired
- Haven't made time to exercise
- Not enough time spent in the garden
- Not setting time aside to meditate
- Eating too much sugar, processed foods and salt
- Low energy levels
- Lack of creative outlet
- Having a sugar, caffeine, alcohol, drug, tobacco, gaming, shopping or sex addiction
- Taking antidepressants or anxiety medication and still not feeling joy, peace and freedom
- Experiencing PMS symptoms
- Taking antidepressants and gaining weight
- I can't seem to stay disciplined about changing my eating habits
- Wearing only what's comfortable even if I don't like the way I look
- Having gotten very good at acting patient and hating every minute of it
- Not making time for art, music or crafts
- Loving to travel and not knowing when I'll be able to take the next trip
- Having so many talents and interests, that I'm constantly being pulled in lots of directions
- Hating the way animals are processed for food and yet not able to give it up
- Not knowing how to ask for what I want without feeling bad
- Knowing that techniques like affirmations, self-hypnosis, and guided imagery

- work for me, but still not practicing them
- Being so intent on being true to myself, that it gets in my way sometimes
 - Not having enough time to read and understand all that I want to learn
 - Taking others advice and believing things that people say, when I know they are not true for me
 - Being hungry, but not wanting to stop what I am doing to get something to eat
 - Having health insurance that doesn't pay for massage therapy or other alternative therapies
 - Having lower back problems from sitting in a non-ergonomic chair all day
 - Spending a lot of time worrying about things I have no control over
 - Being crabby a lot and unhappy about my circumstances
 - Feeling like I don't really have time to do things that are just for fun
 - Living too far away from places I enjoy visiting: museums, specialty shops, likeminded organizations, but not wanting to move
 - Living with a constant inner sense of deep frustration
 - The lack of sunlight in winter
 - Living in a dangerous area
 - Beating myself up because I can't seem to apply all the things I know for myself
 - Not getting enough deep belly laughing every day
 - Having brains and talent, but not knowing how to make a living with them
 - Feeling victimized and helpless or hating myself for choices I've made
 - Not having a life plan that seems doable
 - Not being able to see my clock or radio without my glasses
 - Not having a strong community
 - No recreation in my life
 - Not going dancing regularly
 - Underselling myself
 - Few visitors to the house
 - Weak networks
 - No fun opportunities
 - Feeling depressed and not taking enough action
 - Not getting enough sleep to feel rested
 - My attitude that I should be able to handle everything on my own, even though I can't
 - Not working out at least three times a week
 - Lack of discipline in myself
 - Clothing that doesn't complement my body shape
 - Dandruff
 - Clothing of dissatisfying quality

Home

- Peeling wallpaper
- A guest bedroom that needs cleaning up (it looks like a storage room)
- A kitchen that needs a dishwasher (and it shouldn't be me)
- Excessive clutter
- Storage shed that is so full you can't get into it
- Need a water purifier
- Solar panels on the roof that need fixing
- Walls that need painting
- Kitchen floor that needs new tile
- Not having a spare key for the car
- A half-finished kitchen
- Tripping over my dog's toys throughout the house
- Evening telephone solicitations
- Limited trunk space in my car
- Too many possessions that need to be cleaned
- A backyard that is an eyesore
- A constant need for home maintenance and repairs
- Demands on my time by my children
- The insanity of television newscasts
- Mildew in the grout of the tiles in my shower
- Mildew on the plastic shower curtain
- A crack in the sealer around the base of the shower
- The outdated or broken tile in the bathroom
- Missing lights on the medicine cabinet
- Spider webs or cobwebs in the corners
- Stuff on top of my fridge that has not been put away
- The dog hair that shows up somewhere else the minute I clean it up
- Keeping the end table by my chair cluttered
- Cat food on the kitchen table because it's the only surface the dog won't get to
- New slipcovers that aren't quite the right shade
- An area rug that doesn't match the living room
- Old carpeting that resists cleaning attempts
- A dining room table currently covered with stuff not related to dining
- Whites that have yellowed because of hard water
- A humidifier that needs a new filter to work properly
- A chest of drawers that has a broken piece of veneer
- Fixing one problem by putting up a window shade only to have it become a new issue because it doesn't fit properly
- A cat that lies on my wrists when I'm working on the computer

- A living room window that is cracked and so dirty I can't see out of it
- Having a nice attic, but not being able to get into it, because the step is broken
- Cleaning supplies that won't fit under the sink
- Squirrels getting in the bird feeder
- Water stains on the walls
- A roof that needs repair
- Rusty iron porch railings that need painting
- Trim on the house that needs to be painted
- House that needs to be repainted
- Not having a garage for my car
- Large parts of my lawn being covered in weeds
- Having boxes of things that need to be donated that I haven't taken to the donation center
- Having more books than bookshelves
- Living in an uninsulated house, in a place where it gets really hot or really cold
- Having a poorly designed kitchen
- Mismatched bedroom set
- The pile of stuff on top of the dresser that I can't seem to throw away
- Not having organized Christmas decorations
- A brown splotch on the wall from where I killed an insect
- Having insect invasions every summer
- Visible dust collected on the top of the ceiling fan in the bedroom
- A car that needs washing
- A back bumper that needs replacing
- Living on a noisy main road
- No table light in my bedroom
- Having old, worn-out shoes
- Shelves waiting to go up
- New light fixtures waiting to go up
- Cupboard door hanging off
- Sock drawer broken
- Upstairs room still waiting to be upgraded
- A kitchen that has room only for one person at a time
- Carpet that needs cleaning
- A garage so full of stuff I can hardly move around in it
- Windows that need cleaning
- A garden shed that is rusting and needs replacing
- Mildew on my roses
- Lack of flowers in front of the house
- Bedroom furniture that is no longer up to my standards
- A phone headset that doesn't fit my head or ear properly

- Cell phone battery that needs replacing
- A stock of magazines and not enough time to read them
- A lack of closet space in my home
- Too much television
- My frying pan—everything sticks
- Fleas on my pets
- Unsorted boxes of stuff in my closet
- Holding on to clothes I don't really like
- Gophers tunneling under my new front lawn
- Termite damage to my house
- A floor that needs refinishing
- A broken sun visor in my car
- A dent in the front door of my car
- Not having a car, I enjoy driving
- A messy studio/home/bedroom/other room

Career/finances/business

- Not enough storage space for all my office files
- A desk full of stacks of papers
- A web page that needs updating
- Not saving money every month
- Not getting paid on time by all of my clients
- Clients who cancel appointments at the last moment
- Investments that should be reevaluated but haven't been
- Holding on to some stocks that have lost me a lot of money
- Having to get up each morning before the sun rises
- The fact that I must park four blocks from work
- The no-leadership style of my boss
- Mortgage and car payments
- Negative attitudes of people with whom I work
- Poor customer service and inadequate responses from vendors
- The invasiveness of e-mail and the Internet
- People or institutions that don't return my calls
- Being part of a profession, whose goals and standards I can no longer relate to
- Inadequate retirement fund
- Spending eight hours a day in a room with no window
- A coworker who has more frustrations than I do and spends all day talking about them
- Being the office dumping ground, because I'm such a good listener
- Being deep in debt with no end in sight
- Not having a coach because I can't afford one

- Not being able to do much about most of my worries because they need money to be resolved
- Not being able to come up with concrete ways to describe what I'm doing as a coach
- Throwing away money on things I don't really need or use
- Knowing I can't afford to move anywhere even if I wanted to
- A partner's messy office
- Not having the number of clients I need to have a full practice and pay my bills
- Writing a volunteer weekly column for the local newspaper for months, wanting to be paid for it now, and not knowing what to do about it
- The fact that my laptop computer has needed a new battery for months
- Working at a job I don't enjoy
- Having one of those combination copier/scanner/answering/fax machines when all I really need is a flatbed scanner
- No reserve of income
- Not taking a holiday every year
- Insufficient income
- Credit card debt
- An echo in my phone line
- Too much e-mail
- A lack of consistent income
- Telemarketing calls at inconvenient times
- Too much paperwork
- A lack of an up-to-date business plan
- A lack of clients
- Software that doesn't work
- An overcrowded filing cabinet
- A web site that doesn't reflect me
- My fear of analyzing my investments and taking the steps I need to get on the right track
- Doing without an office assistant even though I need one

Relationships

- A partner who is not unconditionally constructive with my child or children
- Needy relatives
- Being very good at maintaining acquaintances, but having few close friends
- Not knowing how to build a network, or not being able to figure it out in a way that isn't too overwhelming
- Being easily overwhelmed and trying to act like I'm not

- Being surrounded by people that think, following your dreams, is needless and self-indulgent
- Living in a community where it's ingrained in their thinking that the more you're tolerating, the more righteous you are
- Knowing that I'm the only reliable sibling and that when the time comes where my parents need to be cared for, it's all going to fall on me
- Having friends who are almost all much older or much younger than I am
- Not knowing how to ask for space from people, without getting snippy because I've waited too long to ask
- Having someone in my life who always tries to tell me what to do
- Not knowing how to tell someone in my life to stop hurting my feelings, without hurting his or her feelings
- Being designated the "keeper of the peace" in the family
- Not having a friend in the same town that I can just call upon spur of the moment, to go out with, to do something
- A partner who chews food noisily
- A partner who hates where we live
- Not visiting friends or family as often as I'd like to
- My spouse's tone of voice with me
- A lack of communication with my spouse
- A lack of support in my local professional group
- My tenant's late rent payments
- A neighbor's pet that poops in my yard
- People who criticize me
- Cooking dinner every night when I don't want to
- People who go beyond the bounds of decency
- A client who changes appointments frequently
- Dissatisfaction with my sexual relationship with my partner
- A former spouse who does not contribute time or money to raising children
- Having too many people in my life that take more than they give
- Not having people in my life that are good listeners
- Not having people that really understand me
- Not having my needs for affection met
- Not having my needs for help around the house met
- Not having my needs for validation or affirmation met through kind words
- Needing more quality time with my partner, children or close friends
- Not getting enough lighthearted conversation with friends and family
- Nobody in my life that buys me gifts
- Not enough people in my life that accept me for who I am and can completely be myself around
- Not feeling respected in relationships

