

## Checklist- Amaze Yourself

This is a list of energy drainers and energy providers. It is important to find out what gives you energy so that you focus your attention to it, making you feel more comfortable quickly. Energy drainers and providers can look similar. For one person, work pressure means a stimulus, and for the next it takes all her/his energy away. This checklist is personal- complete it for you, based on your experiences. During the day, pay attention and see what gives your energy and what is not. You can use this list as an indication, in particular as a supplement to your own insights and observations.

### Energy Drainers

Related to work, what takes energy from you:

- the actual work you do:
  - 
  - 
  - 
  -
- [lack of] challenge in your work
- [insufficient] variety
- too little freedom
- your responsibilities
- [lack of] independence
- your working environment
- your working hours
- the value that you add
- the contribution you make
- your customers
- your supervisor
- her / his management style
- being able to work (alone) sufficiently
- ...
- ...
- ...

### Energy Providers

Related to work, what gives you energy:

- the actual work you do:
  - 
  - 
  - 
  -
- the challenge in your work
- the variety in your work
- the freedom you experience
- your responsibilities
- your independence
- your working environment
- your working hours
- the value that you add
- the contribution you make
- your customers
- your supervisor
- her / his management style
- being able to work (alone) sufficiently
- ...
- ...
- ...

If you were to receive your monthly income anyway (guaranteed -from another source), would you do something different in terms of work? If so, what then?

## Checklist 2- Amaze Yourself

### Energy Drainers

Related to your workload, what takes energy from you:

- your workload
- the amount of hours you work
- the stress you experience
- the expectations for your work
- the expectations that you have of yourself
- the deadlines
- your targets / KPIs / goals
- the distraction at work
- planning your work
- switching off after work
- the need to be available
- the amount of email
- the amount of work
- the amount of unplanned activities
- your to-do list
- ...
- ...
- ...

### Energy Providers

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- the amount of unplanned activities
- your to-do list
- ...
- ...
- ...

What do you spend the most time on? Make a top 5. Are those the things that give you the most energy? If not, what does your ideal top 5 look like?

## Checklist 3- Amaze Yourself

### Energy Drainers

Related to your relaxation, what takes energy away. What does not help you/don't you do enough of:

- watch television
- walking
- sports
- do nothing
- massage
- meditate
- read
- being with family
- being together with friends / family
- time for myself
- being in nature / outside
- ...
- ...
- ...

### Energy Providers

Related to your relaxation, what gives energy. What helps you/do you do:

- watch television
- walking
- sports
- do nothing
- massage
- meditate
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- being with family
- being together with friends / family
- time for myself
- being in nature / outside
- ...
- ...
- ...

Especially, when you are tired, it is important to do something that you enjoy, by relaxing. Make a list of 3 things that always make you feel good and you enjoy. Is it extremely busy? Then consciously schedule them in your calendar. Relax.

## Checklist 4- Amaze Yourself

### Energy Drainers

Related to your relationships, what takes away energy. Your relationship with:

- your partner
- your child (ren)
- your parents
- your family
- within your family
- your friends
- your best friends
- your colleagues or business buddies
- yourself?
- ...
- ...
- ...

### Energy Providers

Related to your relationships, what provides you with energy. Your relationship with:

- your partner
- your child (ren)
- your parents
- your family
- within your family
- your friends
- your best friends
- your colleagues or business buddies
- yourself?
- ...
- ...
- ...

You are the average of the 5 people with whom you spend the most time. If you look at these 5 people, are those the people that make you happy?

Great that you used the checklist. Have you checked many boxes? Then make a top 3 of energy drainers and energy providers.

Think about the way you want to deal with these. For example, you can build in more energy providers, during the day, to compensate for some of your energy drainers.

Or choose to do fewer things that cost you energy. Feeling stuck?

**Mail me: [yvonne@amaze-yourself.com](mailto:yvonne@amaze-yourself.com) and I will gladly help you.**

Checklist energy drainers or energy providers

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