

Serenity Coaching

Executive and Life Coaching

DE-CLUTTERING

We put up with, accept, take on, and are dragged down by people and situations that we may have come to ignore in our lives rather than fix them. This is the "Clutter" that everyone has to some degree in their lives. An initial goal for you is to work toward identifying the energy drainers and "De-Cluttering" your life as much as possible.

Now is the time to identify those things that drain your energy from positive activities. As you think of more items, add them to your list. Be as honest with yourself as you can and as comprehensive as you can be.

You may or may not choose to do anything about them right now, but just becoming aware of and articulating them will bring them to the forefront where you'll naturally start eliminating, fixing or resolving them.

ENERGY DRAINERS AT WORK

ENERGY DRAINERS AT HOME

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