



HealthyBodyHealthyLife
with *Melissa Koerner*

Module 3 - Part 2 Action Step Plan

Eliminate Your Energy Robbers



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| ELIMINATE YOUR ENERGY ROBBERS

Use the chart on page five to list everyone and everything that takes away your energy. Think in terms of what makes you feel more tired or worn out. What or whom do you feel drained around? It can be food, perfume, an activity, a nagging memory, a co-worker, a relative or spouse, a building or room. You may find that there are many energy robbers in your life—this exercise will help you create awareness and a plan to deal with them effectively. Write down all that comes to mind.

Here are some examples of where you might find energy robbers in your life:

Energy Robbing People

Notice if there are people in your life that make you feel more tired, listless, helpless, frustrated, angry or fatigued when you're around them. These people could be casual relationships, social friends, relatives or your spouse. People who drain you are energy suckers (robbers) in some way. These people usually don't drain you intentionally and often they are not aware of their affect. Some people can be energy robbers at one time and not at others—be aware of when this happens. With these people you may have to test the waters each time you come into contact with them.

Remember, becoming aware of the energy suckers in your life allows you to change how you interact with them. Changing your interactions puts you in a position to regain your energy. Even if you're eating the right foods and living a healthy lifestyle, energy robbers can undermine their positive effects. So if you have energy robbers in your life, it's very important to do something about it.

If your energy robbers are people you know casually and have little contact with, then consider eliminating them completely from your life. If someone is robbing you of your energy during a particular situation, end your contact as soon as possible.



When energy robbers are people you are more involved with, it's more challenging. If it is your spouse, and you can talk openly, share that there are certain times when you feel he/she is taking away from your energy, and during those times you need to minimize contact. If it is someone you cannot communicate openly with (a sign of an energy sucking situation), do what you can on your own. If this is pervasive throughout your relationship, you should really think about this relationship.

Sometimes people feel guilty for minimizing their contact with friends or family even though they realize that this person is robbing them of their energy. But keep in mind that NO ONE has the right to take your energy! You need your energy to stay alive and healthy.

Energy Robbing Work or Home

If you feel weakened or de-energized by work or home conditions, it's usually specific aspects of the situation that are draining not the whole situation. Certain tasks, hours or people may suck your energy. For example, you may feel great working with clients, but tired doing reports.

Sometimes your solution may need to be unconventional. For example, if you find that constantly being interrupted by phone calls is an energy robber, your solution may be not to answer calls directly, and designate two times during the day to return phone calls as briefly as possible. Whenever possible, you could delegate the return call to someone else.

Energy Robbing Environment and Food

Your environment is all that is around you, including the lighting in your house and workplace, cooling and heating systems, air quality, fabrics, fragrances, personal hygiene and cleaning products you use etc. These, and the foods you eat can be significant energy robbers that drain your adrenal resources.

If you feel drained in certain locations or clothing, or after eating certain foods, or around some odors of fragrances, then it's important to take a look at which foods and environmental factors are energy robbers for you. By removing the offending items you can alleviate some of the stress they put on your body and free up your energy.

Use Non-Toxic PC & Cleaning Products

The average person is using 10 different personal care products per day and applying over 100 different harmful ingredients to her skin. The government does not require safety testing of product ingredients.

There's a "self-policing" panel called the *Cosmetic Ingredient Review*, but more than ½ the thousands of chemicals companies put in their products haven't been evaluated. For safety ratings on personal hygiene products go to: ewg.org/skindeep/

Many common household cleaners contain hazardous industrial chemicals that are known human carcinogens, hormone disrupters and triggers for asthma and allergies. Only 7% of cleaning products adequately disclose their contents. For safety ratings on cleaning products go to: ewg.org/guides/cleaners

For natural and organic skin care products, I personally use and recommend Annemarie Skin Care. What I love about this company is that they're 100% transparent about what ingredients they put in their products, and they source a lot of local, organic ingredients. (My personal favorite is their facial cleanser.)

Click here to learn more about Annemarie Skin Care:

<http://www.annmariegianni.com/better-beyond-50>

(FULL DISCLOSURE: The link provided above is an affiliate link. This means that when you place an order through them I receive a small commission for referring you. You don't have to place your orders through this link, but when you it helps support the Healthy Body Healthy Life mission and community. I am *very* selective about the companies and products that I promote, and I only recommend top quality products that I personally use and have had a positive experience with.)



Step 1: Write down your energy robbers.

Step 2: Circle your top 5.

My Energy Robbers	



My Top 5 Energy Robbers

Now write your top 5 energy robbers from the list above.

1. _____
2. _____
3. _____
4. _____
5. _____

Once you are aware of your #1 energy robber, your next step is to have a plan to deal with it. Remember, there are three things you can do in a difficult situation to actively change the negative to a neutral or positive:

1. You can change/adapt the situation(s) to you
2. You can change yourself to adapt to the situation
3. You can leave the situation(s)

Leaving is not always possible or appropriate and a decision that only you can make. The purpose of this exercise is to help you see what is possible and appropriate to eliminate from your life so you can create an effective plan to regain your vitality.

Use as many additional resources you feel you need but decide **now** that you are going to **do something** about your #1 energy robber—this is *very* important to your health and happiness.



Use the space below to brainstorm and create a plan of action with specific steps that you can take to eliminate your #1 energy robber. Set a date by which it will be addressed.

Remember, stresses are cumulative. By removing or neutralizing your largest source of stress it will make a huge impact on your vitality, and most often, when you take care of the big stresses, the smaller ones take care of themselves.

Once you've eliminated your #1 robber, move on to #2; continue until the first five have been eliminated or rendered powerless

If after tackling your #1 energy robber, the other ones from your top five list are still ongoing stressors, repeat this process below with your #2 energy robber and repeat until your top five energy robbers have been eliminated or rendered powerless.

3 steps I can take to eliminate my #1 energy robber:

1. _____

2. _____

3. _____

Date: _____