



## Are These 4 Things Draining Your Energy?

**Think about your energy throughout the day. Do you tend to get drained during the day or are you filled with energy?** If you are struggling with feeling drained you are putting a lid on your Holistic Business in a few different ways

- You won't have the energy to do all that you need to do to grow your Holistic Business
- You won't energetically attract your ideal clients. When your energy is clear and vibrant you will attract those clients you are meant to help.

**Your energy level is giving you clear feedback about how you are living your life.** Your low energy is signalling that changes need to be made. These changes fall under 4 categories: physical, mental, emotional and spiritual.

**1. Physical Changes-** This is the most common area people think of when they have low energy. They think—*"Oh there must be something wrong physically."*

**Check the following:** Are you getting enough sleep? Are you exercising enough?

How is your diet (are you eating too much sugar or caffeine. Do you need to cut out gluten. Do you have food sensitivities that are draining your energy)?

Do you have a depression that is affecting you physically—this can lower your energy and make you feel apathetic? The root of many depressions is that you are putting a lid on your true Spirit and not taking action on its dreams.

If you are taking good care of yourself on the physical level and you STILL lack energy—look at the following categories for possible causes.

**2. Mental Changes- What are you saying to yourself throughout the day?** Are you judging yourself—putting pressure on yourself to be perfect? This will drain your energy very quickly.

**Do you have negative thoughts about your future—**stifling any thoughts of pursuing or having your dreams? This will drain you.

**Do you focus on what isn't working in your life and business—or all of the things you are grateful for?** How you focus your mental energy will affect your energy. So it is important to check when your energy is low—ask yourself *"Are my negative thoughts draining me"*.

**TIP:** *Lighten up on yourself, pursue your dreams and focus on what is going right in your life and your Holistic Business to help lift your energy.*

**3. Emotional Changes-How do you respond to your emotions during the day?** Do you welcome



your emotions as information and feedback—attending to and learning from them? Or do you suppress your emotions? If you have a back log of unexpressed emotions this can drain your energy.

**Do you let your emotions take over – over-reacting to situations, which end up draining you?** How you respond to your emotions will affect your energy level. If you find you have a lot of suppression of your emotions or over-reactivity going on it may be a signal that some deeper healing is needed for you.

***TIP:** Learning to take responsibility for your own feelings—opening up to them and learning from them will help you increase your energy level.*

**4. Spiritual- Do you feel spiritual support around you or are you trying to do everything on your own?**

***TIP:** If you try to do it all on your own it is like being a light bulb trying to light up without a connection to an energy source. You will tend to run out of energy and feel depleted.*

**The following are other things that can drain your energy:**

- \*Having unfinished projects at your office or home
- \*Lots of clutter
- \*Trying to do too much
- \*Rushing and multi-tasking, which increases production of stress hormones
- \*Negative people in your life
- \*Unresolved conflict with someone
- \*Stalling on making an important decision in your life
- \*Ignoring your intuition

**One of the key elements in transforming your life and your Holistic Business is to eliminate your energy drains and then increase the things in your life that give you energy.**

Take action today to eliminate the things that are draining you—and open up to more vibrancy and aliveness therefore attracting the amazing clients you are meant to be of service to!