



Week 1 – Seal the Leak

Identify Your Leaks - this week, monitor your energy level. How are you spending your energy?

What makes your energy level go up?

What makes your energy level go down?

Write out your commitment to yourself.



Where is your low hanging fruit? What are the quick and easy things that can be done to recoup your energy right away? Prioritize based on what would take the least time to complete.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What are some things that can be eliminated all together?

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

When can you take a day to knock some things off of your list?

Can you call someone to help? To exchange a day with?

Schedule this now and record it on your calendar.

_____, 2014 at _____ am/pm



Thought Journal - this week, start monitoring your thoughts. Are your thoughts supporting your energy level or are they depleting you?

What do you notice as being your main leak as far as your thoughts are concerned? Is there more than one? Ex. Fear, worry, indecision

Are there some thoughts you'd rather think instead?

What would you do if you had more time and energy? What is your heart's desire? Just write down the first thing that comes to you.

Nice work!! It feels better just getting all of this on paper, doesn't it!