

What is draining your energy?

Sometimes clients come to me and want to start something new; a new career, a new business, a new hobby, a new relationship. I then ask them if they have space for all these new things they want to start with. Creating something new demands first of all creating space. And creating space is only possible if you start to get rid of things you don't need anymore.

De-clutter your space to invite new things!

What can drain your energy? Simple things. For example, a missing button on your jeans, scuffed shoes, unpaid taxes, to do lists which never seem to end, piles of files in your office, postponed phone calls, closets filled up with dresses you no longer wear, a messy basement, tons of unorganised e-mails, lovely letters you want to answer and you never find the time to do it or too much weight. You get the idea?

What can drain your energy?

Every moment you look at your files you think "Oh I have to clean them up." Every time you make a new phone call you think of the phone calls you didn't answer. Or in the morning if you are not able to get in your clothes, you think I have to go to the gym. And this drains your energy, this irritating; this wears you down and makes you tired.

There are also energy drains which affect you emotionally and you feel distressed and overburdened like working in a project which makes you feel stressed or living in a relationship which is not what you want any more or sick parents or relatives for whom you are the sole care-taker.

We humans put up with a lot of stuff which is not necessary; it holds us back; it causes us grief and wastes our time and energy. Putting up with all that and wanting something new at the same time is very difficult to do.

But how to start?

The first steps

-Write all the annoying things down. It is on the paper and no longer in your brain. At this point you do not need to resolve everything at once. The solution will come. And keep adding to your list. (it is OK to have more than 50 things on the list)

-Make a list of ten things you are tolerating at home and ten things you are tolerating at your office.

-Schedule a certain time for yourself during the week where you can start with handling one thing at your list. You can start with the little ones first.

-If you feel uncomfortable and if you do not want to start, get support, invite a friend to help you.

-Break it into small pieces and get to work.

-Reward yourself once you finished with something you enjoy and what will motivate you to continue.

Think about the source of your energy drainers. This is important. And think about how you can eliminate them. For example, if you want to get an organized office, think about what would help you to keep it organized. In the beginning it will take you a little bit longer to set automatic systems, but on the longer term you will be happier.

The source of your energy Drainers

Once we plug these energy drains, we free up an enormous amount of energy which we can then use for the new things in our life. I know you can do that.

Have a very good start!

Warmly
Heidi

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