



Here's your

**FREE
GIFT**

FROM TWO RED CHAIRS

What's Draining You?

A HELPFUL CHECKLIST IF YOU'RE
FEELING STRESSED OR BURNED OUT.



What's Draining You?

Section 1: Relationships

YES

NO

1. There are people in my life who continually drain my energy.
2. I have unreturned phone calls, emails, or letters that need to be handled.
3. I have an unresolved conflict with a family member.
4. I lack quality friendships in my life.
5. I feel a void in my life created by the lack of a romantic partner.
6. There is someone I need to forgive.
7. There is a relationship I need to end.
8. There is a phone call I dread making, and it is causing me stress and anxiety.
9. I am involved in a relationship that compromises my values.
10. I miss being part of a loving and supportive community.

Section 2: Environment

YES

NO

1. My car is in need of cleaning and/or repair.
2. My wardrobe needs updating and/or alterations.
3. I'd like to live in a different geographic location.
4. I have appliances that need repair or upgrading.
5. My home is not decorated in a way that nurtures me.
6. My closets and/or basement are cluttered and need to be cleaned.
7. Repairs need to be done around my home or apartment.
8. My house is cluttered and disorganized.
9. I miss having more beauty reflected in my environment.
10. I watch too much television.

Section 3: Body, Mind, Spirit

YES

NO

1. I eat food that's not good for me.
2. Something about my physical appearance bothers me.
3. It's been too long since I've been to the dentist.
4. I do not get the sleep I need to feel fully rested.
5. I'd like to exercise regularly but never seem to find the time.
6. I have a health concern for which I've avoided getting help.
7. I have emotional needs that consistently go unmet.
8. There are books that I'd love to read but never seem to find time for.
9. I lack personal interests that are intellectually stimulating.
10. I lack a spiritual or religious practice in my life.

Section 4: Work

YES

NO

1. I no longer enjoy my job and have a hard time showing up.
2. My work is stressful and leaves me exhausted at the end of the day.
3. My office is disorganized and my desk is a mess.
4. I'm avoiding a confrontation or conflict at work.
5. I tolerate bad behavior from a boss or coworker.
6. I am not terribly tech savvy, and it's affecting my productivity.
7. I lack the proper office equipment that I need to do my job well.
8. My work does not allow me to express my creativity.
9. I need to delegate specific tasks but I'm unable to relinquish control.
10. I feel overwhelmed by the amount of information that enters my life.

Section 5: Money

YES

NO

1. I have tax returns that are not filed or taxes that are unpaid.
2. I pay my bills late.
3. I spend more than I earn.
4. I don't have a plan for my financial future.
5. My credit rating is not what I'd like it to be.
6. I do not have a regular savings plan.
7. I do not have adequate insurance coverage.
8. My mortgage rate is too high, and I need to refinance.
9. I have debt that needs to be paid off.
10. My will is not up to date.