

# Pinpoint What Drains You

*Your Guide to a  
More Vibrant, Focused Self*

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## ✓ Mini Energy Drain Assessment

(Quick Quiz)

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Okay, now quickly check in with yourself—are your answers to the following questions “yes” or “no”?

### 👥 Relationships

YES  NO Is there someone in your life who constantly drains you?

### 🏠 Environment

YES  NO Is there a space in your home that makes you cringe every time you walk past it?

### 🧘 Body / Mind / Spirit

YES  NO Are you running on coffee instead of rest?  
 YES  NO Do you feel overwhelmed by to-do lists and tasks?  
 YES  NO Do you feel like something is missing, and you crave something more meaningful in your life?

### 📁 Work

### 📁 Work

"In my work or business, I show up as someone who..."

✍ ...

### 💰 5. Money

Task	Done	N/A
Avoidance → 5-min money date	<input type="checkbox"/>	<input type="checkbox"/>
Overspending → Awareness exercise	<input type="checkbox"/>	<input type="checkbox"/>
No plan → Set one doable financial goal	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	
.....	<input type="checkbox"/>	

## TIPS & HOW TO DO THEM:

- Clutter: One-drawer method
- Repairs: 15-min fix session
- Beauty: Add 1 uplifting item