

Productive to the Max

Productivity

Performance

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Deal with Your Emotional Drainers

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If you look up the word “drainer” in your thesaurus you get the following alternatives; exhaust, consume, deplete, bleed dry, sap, use up, draw off. Do any of these ring a bell for you? The risks of emotional drainers are many. Because they reflect excesses caused by weaknesses and inabilities, you tend to respond in anger or with negativity. You feel hopeless, sad, tired and frustrated. Take a moment to analyze if any of these particular “drainers” need tweaking:

- Relationship drainers- Are you in a reciprocal, rewarding and satisfying relationship? Or do you feel used, undermined, unloved and unwanted? Everyone deserves to be happy and special.
- Environment drainers- Are you living in an environment that you love? Are those empty rooms really getting to you? Is there paint peeling off the walls? Do you get a feeling of peace and comfort where you live? Assess your needs, financial capabilities and comfort factor and change the way you live.
- Body, mind and spirit drainers- Are you really taking care of yourself? Do you feel good when you look in the mirror? Are you happy, content, and motivated? Analyze who you really are, what you really want, your values, goals and dreams and go for it.
- Work drainers- do you love your work? Is it just a job or a career? Are you treated with respect, appropriately compensated and rewarded? Work takes up 2/3 of your life. You had better like what you are doing.
- Money drainers- Are your credit cards maxed out? Are you living within your means? Are money concerns the greatest cause of squabbles and arguments? There is help out there to consolidate your debts, arrange financial plans and goals and save for the future. Just ask.

Make a list of the drainers you want to eliminate within each of the above areas. Make a list of three actions you can take to deal with the issues. Give yourself 30 days to complete the three actions. Then list the next three actions and deal with them. You owe it to yourself to create the best life possible.