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ELIMINATING IRRITATIONS OR "CLEARING THE CLUTTER"

CLIENT INSTRUCTIONS: Make a list of what you are putting up with at work and at home to determine what might be limiting you right now.

We put up with, accept, take on and are dragged down by things that we may have come to ignore. Now is the time to identify those things. As you think of more items, add them to your list.

You may or may not choose to do anything about them right now, but just becoming aware of and articulating them will bring them to the forefront where you'll naturally start handling, eliminating, fixing and resolving them.

ENERGY DRAINERS AT WORK

ENERGY DRAINERS AT HOME

(Situations, people's behavior, unmet needs, crossed boundaries, incomplete items, frustrations, problems and even your own behavior)

1)	1)
2)	2)
3)	3)
4)	4)
5)	5)
6)	6)
7)	7)
8)	8)
9)	9)
10)	10)
11)	11)
12)	12)
13)	13)
14)	14)
15)	15)
16)	16)
17)	17)
18)	18)
19)	19)
20)	20)