



## Project Eight

# Skip the Energy Whisks

### Identify Them

Energy Whisks come in many forms. They show up in our lives as things we tolerate and are often unaware or subconsciously aware of the energy they draw or “whisk” away from our wellbeing and productivity.

**Energy Whisks can typically be categorized into three groups:**

1. PHYSICAL:

**Example:** Lack of sleep, exhaustion, staying up too late, burning the candle at all ends.

2. EMOTIONAL:

**Example:** “Shoulds” or obligations, behaviors (your own or other individuals,) lingering negative situations, arguments, negative relationships, guilt or resentments.

3. MENTAL:

**Example:** Clutter, outstanding tasks, disorganization, indecisiveness, lack of follow through, procrastination.

We may find these obligations, situations or individuals are elements of our lives we simply need to start saying “NO” to (more below on the power of “No” in Project Nine)

**Determine some of your personal “Energy Whisks:”**

**Physical Energy Whisks:**

**How do these affect my life?**

**How can I eliminate or better manage these elements of my life?**

**Emotional Energy Whisks:**

**How do these affect my life?**

**How can I eliminate or better manage these elements of my life?**

**Mental Energy Whisks:**

**How do these affect my life?**

**How can I eliminate or better manage these elements of my life?**

“The energy of the mind is the essence of life.”  
- Aristotle