

A List of Energy Bandits

Physiology

Sleep

- Too little sleep
- Too many cat naps
- Sleep disorders
- Obesity
- Poor sleep behaviors
- Eating and drinking at the wrong time

Diet

- Consuming too many calories
- Eating an unbalanced diet
- Poor eating schedule
- Not following customized meal plan
- Not knowing good foods from bad
- Poor self-talk
- Being unprepared for difficult food situations

Nutrition

- Nutrient Deficiencies*
- Sweet Tooth
- Dehydration
- Over reliance on stimulants
- Drinking too much alcohol
- Smoking
- Surrounding yourself with temptations

Exercise

- Lack of regular aerobic activity
- Relying on car to get everywhere
- Not making time for fitness
- You are in a workout rut
- Lack discipline/unmotivated

Pacing

- Sitting down all day
- Working non-stop without breaks
- Heavy concentration
- Monotonous tasks
- Slouching
- Not paying attention to biological cycles

Health

- Practicing poor self care
- Poor dental hygiene
- A weak immune system from infection
- High cortisol levels and hormonal imbalance*
- Forgetting that laughter is the best medicine
- Consistent physical pain*

Practices

Quick Fixes

- Staring at computer all day
- A lack of fresh air and sunshine
- Stiff, tight, sore muscles
- Lack of flexibility
- Taking life too seriously
- Modern-world burnout
- Being uncomfortable in your clothes*

Relaxation

- Getting caught up in high intensity situations and not stopping
- Feeling guilty about relaxing
- Never taking time for yourself
- Thinking about kids or work while you relax
- Workaholism
- Staying wound up from stressful day and being unable to relax
- Not taking your allotted vacation and personal time each year
- Jamming up your vacation with work

Attitude

- Stinking Thinking*
- Worrying about everything
- Feeling angry all the time
- Dealing with emotionally charged situations
- Being a pessimist
- Being ungrateful
- Intolerance of others
- Psychoanalyzing people who annoy you

Resolution

- Dealing with energy vampires
- Not stating your needs
- The to-do lists for "someday"*
- Open Loops
- Wasting time waiting
- Boredom
- An inability to say NO

Responsibilities

- Domestic Duties
- Daily grind of cooking dinner
- Allowing others to sap your energy
- Lack of dialogue about your preferences
- Spending an inordinate amount of time perfecting menial tasks*
- Procrastination
- Doing the fun easy or trivial thing first

Time Management

- Having too much on your plate
- Trying to do everything yourself
- Wasting time on unproductive activities
- Biting off more than you can chew

- Multitasking and lack of focus
- Trying to get it all done

Learning

- Lack of challenge
- Few creative outlets in your life
- Feeling like your life is a treadmill- not going anywhere
- Never reading
- Lack of mental stimulation and training
- Not pushing yourself to grow and learn
- Not contributing to the greater good
- Staying inside your (dis)comfort zone

Periphery

Environment

- Physical discomfort at your desk
- Repetitive motion injuries
- Bad lighting
- Improper set up of computer
- Eye strain
- Stale air
- Background noise*

Relationships

- Relying on your spouse/significant other as sole source of friendship
- Being all business at work
- Getting stuck inside the parenting box
- Isolation from outside world
- Feeling disconnected
- Being overscheduled – with children’s activities
- Stressful relationships

Stress

- High anxiety levels
- Not practicing good stress-management techniques
- Uncontrollable situations
- Job stress
- Being a Drama creator
- Type A personality
- Feeling stuck

Technology

- Associating more with tv/electronics than real people
- Letting technology suck up your free time
- Instant messaging
- Using impersonal modes of communication*

Purpose

- Ignoring your dreams
- The wrong career
- Fear of following your dreams
- Letting your obligations get in the way of your dreams

- Spending time in ways that are not important to you
- Lack of a spiritual life
- Trying to be what others want you to be
- Being all talk and no action

Workplace

- Understaffing and overcommitments
- Wanting to feel relevanted
- Being unprepared at meetings
- Chaos during meetings
- Coworkers constantly interrupting your work flow
- Being unwilling to challenge things that waste your time
- Not having the tools you need to get the job done effciently
- Repetitiveness and redundancy

Clutter

- Cluttered surroundings
- A nonstop flow of new stuff
- Not having the right organizational tools
- Owning too many possessions
- Being afraid to get rid of things
- Not separating treasure from trash
- A disorganized office
- Undone home improvement projects