

YOUR **16** BIGGEST
ENERGY DRAINS
ZAPPING YOUR

*Health
Wellness
& Happiness*



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YOUR 16 BIGGEST ENERGY DRAINS ZAPPING YOUR HEALTH, WELLNESS AND HAPPINESS

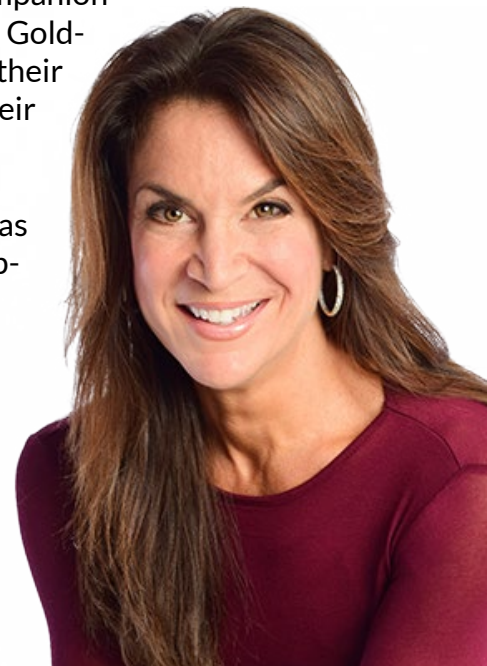
Great to connect with you and thanks for allowing me to give you some of my information. I know there are lots of websites you could be visiting so whatever it was that brought you here and had you look into mine more deeply, I don't take that lightly. You have my promise that I'll do all I can to ensure your time is well spent.

If you want to know who wrote all this stuff you're about to read, here's some info about me. If you'd rather skip it, just jump right over it to the next section.

ABOUT THE AUTHOR

Debi Silber, MS, RD, WHC, FDN, President/CEO of Lifestyle Fitness, Inc. & founder of www.DebiSilber.com is a recognized health, empowerment and personal development expert. She's a speaker, coach, and author of the Amazon #1 Bestselling book: [The Unshakable Woman: 4 Steps to Rebuilding Your Body,- Mind and Life After a Life Crisis](#), *The Unshakable Woman-The Workbook* (a companion guide to the book) as well as 2 books recommended by Brian Tracy, Marshall Goldsmith, Jack Canfield, and many more. Debi's led countless others to achieve their ultimate body, mind, image, and lifestyle; inspiring them to transform into their personal and professional best.

In addition to being a highly credentialed and awarded health expert, Debi has her own line of deliciously healthy nutrition bars and shakes, has also contributed to FOX, CBS, The Dr. Oz show, TEDx, The Huffington Post, Shape, Self, Health, Working Mother, Forbes, Psychology Today, WebMD, Yahoo Shine, Ladies Home Journal, MSN, Woman's World, and Glamour. **Debi "gets it." A mom of 4 kids, 6 dogs, married for over 25 years, running a business, and in a PhD program for Transpersonal Psychology (the science and study of transformation and human potential), Debi has mastered the strategies busy people need to become their best without sacrificing their health, well-being or sanity.**





NUTRITION: If you're eating foods that are causing weight gain, inflammation, gut issues, brain fog, food addictions and illness, if you have a dysfunctional relationship with food, if you're a binge, mindless, social or emotional eater, if dieting has become a way of life, and if your weight is impacting your confidence and energy...that's a huge energy drain.



FITNESS: If you're not exercising or exercising in a way that's not aligned with your "fitness personality" (yep, you have one), if your fitness routine isn't challenging or is unsafe, if it's not the right program based on your current fitness level, health, needs and goals...that's a huge energy drain.



MINDSET: If you have a mindset that's keeping you safe, stuck and small, if your beliefs are coming from a place of scarcity and lack versus abundance, if you believe there's a limit on how much money, love, health, joy and abundance you can have or deserve, if you're unwilling or if you believe you can't change...that's a huge energy drain.



RELATIONSHIPS: If you're spending time with people who are negative, critical, judgmental and pessimistic, if you spend time with energy vampires, those who feel threatened, jealous, angry or insecure when you shine, or if your relationships hold you back from being, doing and having more...that's a huge energy drain.



STRESS: If you're overwhelmed and you're starting to notice stress related symptoms like accelerated aging, less patience, low libido, fatigue, sleeplessness, irritability, weight gain, slow wound healing, hormonal changes, pain, chronic illness and more...that's a huge energy drain.



FEELING UNFULFILLED: If your work is only a means to a paycheck, if you're not serving your community or those in need in some way, if you're not giving your time, attention or energy to something that fills and feeds your soul...that's a huge energy drain.



NOT GROWING/EVOLVING: If you don't learn anything new, if you don't challenge yourself, if you've stopped being curious, if life is completely on autopilot from the minute you wake up to the moment you go to sleep, and if you've stopped learning or growing mentally, emotionally, psychologically or spiritually...that's a huge energy drain.



WORK/LIFE BALANCE, PERFECTIONISM: If you're striving to achieve work/life balance, believing that your time can be divided evenly among all of the many roles you play each day, if you're striving to do it all and do it all perfectly, shifting between your roles of Wonder Woman and Supermom in all areas of life...that's a huge energy drain.



TOXINS: If the foods you're choosing are filled with added colors and preservatives, and if the cleaning and beauty products you're using are filled with chemicals...that's a huge energy drain.



NO DAILY PRACTICE: If the alarm rings and it's full speed ahead without at least a few minutes to check in, breathe, be grateful, journal, meditate or whatever centers and prepares you for your day ahead...that's a huge energy drain.



POOR SLEEP: If you're not getting deep, restorative and quality sleep, if you don't have a sleep routine that helps you unwind, and if your sleep environment is cluttered, stimulating and not conducive to a restful night...that's a huge energy drain.



NOT CONNECTING WITH NATURE: If you're spending the majority of your time indoors with fluorescent lighting and no windows, if you're not spending any time breathing fresh air, being in a natural environment you find soothing (such as your backyard, the beach, nature trails, mountains, etc.), if you're not seeing grass, trees, flowers, mountains, plants, water, animals, insects, etc., and if you're not exposed to sounds of nature like birds, wind, water, or any other natural sounds that soothe you...that's a huge energy drain.



FEELING ISOLATED/DISCONNECTED/ALONE: If you don't feel safe, supported or loved, if you feel isolated, separate and alone from a sense of community, or if you don't feel a connection to something bigger than you...that's a huge energy drain.



A LIFE CRISIS: If you've been hit with a life crisis, such as an illness, the death of a loved one, a betrayal, abuse, a financial crisis or something that creates a huge physical/mental/emotional/psychological/spiritual disruption in your life...that's a huge energy drain.



FINANCES: If you're drowning in debt, if your bills are out of control, you're spending more than you have, and you don't have or feel comfortable with a plan to dig yourself out of a financial hole you're finding yourself in...that's a huge energy drain.



A MIDLIFE CRISIS: If you're numbing or distracting yourself with food, drugs, work, alcohol, TV or by keeping busy because what used to work for you just isn't working anymore, if there's a growing sense of unease that's getting too big to ignore, if the stakes keep getting bigger and bigger in order for you to feel the same "high" ...that's a huge energy drain.

With all these energy drains many of us are walking around at about a 50% energy level. Yet, here's what I find so amazing. Look what you can do *in spite of* them? So my question is this. What would happen if you started plugging up some of those holes? Just imagine how you'd show up then.

So where do you start?

Take a look at the 16 energy drains above. While you may feel you need to plug up lots of areas, just start with one, possibly the one where you can make a few tweaks and see some progress right away. Does that mean preplanning some healthier meals? Taking out that journal and committing to writing in it every day? Making sure you're in bed by 10pm? Any change you make can only take you in one of two directions: further or closer to the body, health, life and lifestyle you want most. These changes don't have to be huge quantum leaps. In fact, it's the small, seemingly insignificant daily actions over time that yield big results. So which area will you start with so you can start to plug up some of those holes? Let's commit to it here:

I, _____, make a commitment to myself to choose one of the areas above as a starting point to greater health, well being and happiness. I will begin with one area as I slowly work towards becoming my physical, mental, emotional, and spiritual best.

Signature: _____

Great job! Now of course, I'm here to help. Working with thousands of clients for over 25 years, and struggling with every one of those energy drains myself, I've found some simple ways to make things work, plus some creative and proven ways to bounce back when life hits you hard.

If you'd like to discuss if and how I can help you, just click this link to schedule a call with me <http://meetme.so/DebiSilber>.

One more gift. Since studies find that what we track and measure improves, I want to give you something else too. Here's your "Energy Drain Tracker" below to start becoming more aware of the areas that need your attention. I'd suggest you print it out so you can make copies and use it each week. Give it a try and see how your numbers slowly begin to improve. Of course, if you need some help creating a plan to make it all work a little better, let me know!

To becoming unshakable,



Debi Silber, MS, RD, WHC, FDN
www.DebiSilber.com

THE ENERGY DRAIN TRACKER

On a scale of 0-10, 0 meaning no effort and 10 meaning maximum effort, rate the effort you put into each category every day. Then add up your total daily score.

- A total daily score of 0-52 means: low effort.
- A total daily score of 53-107 means good effort.
- A total score of 108-160 means great job!

Strive for daily progress!

CATEGORY	MON	TUE	WED	THUR	FRI	SAT	SUN
Nutrition							
Fitness							
Mindset							
Relationships							
Stress							
Fulfillment							
Personal Dev.							
Work/Life							
Toxins							
Daily Practice							
Sleep							
No Nature							
Connecting							
Life Crisis							
Finances							
Midlife Crisis							
DAILY TOTAL							