

## **BE AWARE OF LIFE FORCE ENERGY THIEVES!**

Certain people, environments and circumstances can quickly rob you of your life force energy....

### **WATCH OUT FOR THESE LIFE FORCE ENERGY THIEVES!**

- X Items on your TO-DO LIST that you keep thinking about but haven't taken the steps necessary to get them done.
- X Violating your core beliefs, values, principles and/or Code of Honor.
- X Toxic people & negative environments.
- X Forcing yourself to do something you don't want to do & feeling resentful, instead of taking responsibility for your choice.
- X Not acknowledging your wins, achievements, etc.
- X Taking on baggage & negativity that belongs to someone else, instead of recognizing it's NOT yours.
- X Staying in a relationship, game, job, career, environment, etc., beyond its completion point.
- X Lack of appropriate compensation or exchange for work, service or product you've provided.
- X Feeling resentful, regardless of the reason, and not taking action to correct the situation.
- X Lack of integrity regarding the ways you fuel your body (e.g., insufficient sleep, low quality food, using sugar & caffeine for energy, etc.).

Don't Let These Energy Thieves Diminish Your Life Force Energy!