# Energy Traps

## 1. Stagnant Energy Traps

To find the stagnant energy traps in your life, just take a tour around your home and office and identify any location that is filled with stagnant items that you do not really need or use regularly. Pay particular attention to cupboards, drawers, and bookshelves.

| Energy Trap | Eliminated |
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Aim to eliminate one energy trap per week until you have eliminated all the stagnant energy traps from your life.

# Energy Traps

## 2. Annoying Energy Traps

To find the annoying energy traps in your life, take a moment to write down the things that you know you should get done but never seem to get around to. Add to this list as you come across things that annoy you.

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Aim to eliminate one energy trap per week until you have eliminated all the annoying energy traps from your life.