



STEPMOMS *on the Edge of Evolution* 8 WEEK GROUP PROGRAM

Module 2 (Week 4): Managing your Energy and Saying NO.

Part I – Energy Drains: Listen to the Energy Drains Meditation. List out 3 activities below that drain your energy:

Draining Activity 1: _____

How does it make you feel?

What about the activity drains you?

Can you say NO to this activity? If not, how can you modify the activity, or your approach to it, so that it is no longer (as) draining for you? Brainstorm some ideas and give them a try! If one doesn't work, try, try again until you feel better about the activity. If you can say NO and cut it out, then do.

Example: Packing the kids lunches in the morning drains me. Why? Because I have to tend to their desires and don't have time for me as a result, they are picky eaters, they don't say thank you, I get no appreciation, it takes time out of my day when I could be doing other things. Can I say no to this activity? In my situation, saying no doesn't feel right for me. How can I modify the activity or my approach to it? I will pack the lunches the night before to ease the morning stress. I can create a menu of options that I'm comfortable making, and have the kids choose from that list in advance what they like and don't like so that I can prepare things I'm comfortable with that they will eat. I can learn to let go of the outcome, and make the food with joy and love, using the mantra 'my best effort is enough' and listening to joyful music in my headphones while preparing the meals. That feels much better already!



Draining Activity 2: _____

How does it make you feel?

What about the activity drains you?

Can you say NO to this activity? If not, how can you modify the activity, or your approach to it, so that it is no longer (as) draining for you? Brainstorm some ideas and give them a try! If one doesn't work, try, try again until you feel better about the activity. If you can say NO and cut it out, then do.

Draining Activity 3: _____

How does it make you feel?

What about the activity drains you?

Can you say NO to this activity? If not, how can you modify the activity, or your approach to it, so that it is no longer (as) draining for you? Brainstorm some ideas and give them a try! If one doesn't work, try, try again until you feel better about the activity. If you can say NO and cut it out, then do.



Part II – Energizing Activities: Listen to the Energy Sources Meditation, and list out 3 activities that you have done recently, or have a desire to do, that are energizing for you.

Energizing Activity 1: _____

How does it make you feel?

What about the activity energizes you?

How can you bring more of this activity or feeling into your life? Brainstorm a few ways below.

Energizing Activity 2: _____

How does it make you feel?

What about the activity energizes you?

How can you bring more of this activity or feeling into your life? Brainstorm a few ways below.



Energizing Activity 3: _____

How does it make you feel?

What about the activity energizes you?

How can you bring more of this activity or feeling into your life? Brainstorm a few ways below.

Now act!! This only works if you put it into action. Little by little, you will learn to identify energy drains and sources in your life on a regular basis and it will become natural for you.

Remember to be intentional with how you manage your life and energy. Bring in more of what energizes you, and transform or take out what drains you. Remember, its not about striving for perfect balance – there is no such thing! Accept where you are today, forgive yourself if you mess up, and find joy in the fact that you are working to bring more joy and positive energy into your life on a regular basis. You've got this!!

How did it go? Are you stuck with anything? Reach our via e-mail for support anna@annadeacosta.com or join us on the live call!