You & Your Energy - Energy Vampires Worksheet

The people around you, family, friends and work colleagues, for instance, may also be having a detrimental effect on your precious energy levels. Often referred as 'energy vampires' these are those people who quite literally steal your energy in order to counteract their own low energy levels.

The first step to protecting yourself against energy vampires is to be able to recognise them when you encounter them. Make a note below of who in your life fits into one of the common energy vampire types. What can you do to reduce the impact they have one you? Make a note then identify a strategy you can use to reduce the impact they are having on your energy and put into action!

Energy vampire type	Who?	Strategy I am going to use
Chronic complainers		
Broken friends		
Drama queens		
Needy types		
Chronic worriers		

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Energy vampire type	Who?	Strategy I am going to use
Gossips		
Perfectionists and critics		
Achievers and over competitive types		
Constant talkers		
Contradictory		

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