



Top 30 Beliefs Blocking Energy

- 1) I Should Have More Energy
- 2) I Don't Know What Gives Me Energy
- 3) My Energy Levels Should Be Consistent Throughout The Day
- 4) What I Focus My Attention On Doesn't Have Anything To Do With My Energy
- 5) People Don't Drain My Energy
- 6) Ego Doesn't Drain My Energy
- 7) Napping Is Weak
- 8) Low Energy Is Bad
- 9) When My Energy Is Low I Need Caffeine
- 10) Meditation Doesn't Help My Energy
- 11) Multi-Tasking Is The Most Efficient Way To Deal With Life
- 12) I'm The Same Person With Low Energy
- 13) There Is No Energy Like Stimulation
- 14) My Ego And My Energy Have Nothing To Do With Each Other
- 15) Being Sick Drains My Energy Completely
- 16) Work Shouldn't Give Me Energy
- 17) Shame Doesn't Drain My Energy
- 18) I Can Accomplish Anything With Low Energy
- 19) Stimulants Are A Necessity
- 20) Urgency Doesn't Drain My Energy
- 21) Bad Habits Are My Best Chance At A Happy Life
- 22) It Is Normal For My Energy To Dip
- 23) I Have To Do What I Don't Prefer Now
- 24) Travel Shouldn't Give Me Energy
- 25) Children Drain My Energy
- 26) I Can't Find A Way To Love What I Do
- 27) I Have To Put My Attention On What Is Coming
- 28) Temperature Doesn't Effect My Energy At All
- 29) Anger Doesn't Drain My Energy
- 30) It's Okay To Be Up Late