

Week 9

Name What Drains You



3/2/26

## Why it Matters:

Leaders who ignore what drains them risk burnout and stalled progress. Awareness allows for preparation and sustainability.

## This Week's 1% Better Practice:

Name one thing this week that consistently drains you, then plan for it instead of avoiding it.

## Applying It:

**Identify the Drain.** The things that drain my energy and excitement about the job are: \_\_\_\_\_

Feeling drained shows up for me as: \_\_\_\_\_

**Understand the Impact.** When feeling drained goes unaddressed, it affects (check all that apply):

- My energy
- My focus
- My relationships
- My follow through
- My leadership presence
- Other: \_\_\_\_\_

### This Week's Commitment.

One draining thing that I will intentionally address this week: \_\_\_\_\_

### Prepare Instead of Avoid.

I can prepare for this drain by: \_\_\_\_\_

### Build Grit.

One way I will move forward instead of stalling with this draining item is: \_\_\_\_\_

### Reminder to Myself.

What do I want to remember when the work feels heavy? \_\_\_\_\_

