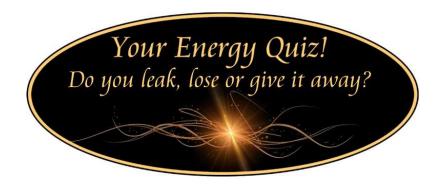


To make the most of this quiz on how **you** lose, leak or give away energy – you need to be perfectly honest with yourself since, really...no one else will ever see this but you!

1. Do certain people always leave Yeah, they're a drain	you feeling tired, our of sorts? Well, depends	Nope, I handle 'em all
2. Do you get nervous talking to the Yikes - I hate it!	ne boss, your parents, people in Uh, only the cops & boss	authority? Not usually, I mean why bother?
3. Do your emotions fluctuate much Can you say roller coaster?	ch when you're around other pe A steady maybe	eople? Well, not usually but sometimes
4. How do you feel when repeated Tired, worn out!	ly helping others with their em Depends on my day	otional problems? Great that I helped them all!
5. Does being with family usually Drained like a sink	leave you tired or generally fin Eh1/2 and 1/2	ne/OK? I'm generally fine after
6. Is it hard for you to say no to fo Yes, it's like they beg me	lks, especially family and frien Again, yes, but it depends	ds? I help when I can, don't when I can't
7. Do some people regularly leave Oh yeah	you feeling confused? At times, yes	Nope - I confuse them!
8. Do you find that some places you Yes, and it's odd at times	ou go/visit leave you feeling tire Not as a rule	ed for no apparent reason? Only if I was tired to start with
9. Would you say you're usually confident anxious and edgy	alm, or are you often nervous, I'd say moderate	anxious, edgy? Calm and cool as a cucumber
10. Do you get nervous meeting no Yes, my stomach clenches	ew people or strangers? Depends-are they cute?	Not often, I might make them nervous!
11. How does watching the news/7. Totally irritated	TV topics that you don't agree	with make you feel? Everyone has an opinion and it's OK

For every answer on the right side/column, give yourself a 0.

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And for general guidelines on the scores:

A total score under 50 - means you still lose your energy/power, but it's only in some areas or it's only occasionally. You tend to be fairly balanced in life and you value your self-worth highly. You're also fairly balanced in your energy expenditures, but check if there is a particular area you are losing energy in and focus there – or whether you're spread out between give, leak, or lose.

A score of 50-150 - means you are losing a significant amount of your power and energy. You would benefit from doing work on this since you need your energy for your own life! You are likely someone that wants others to be happy or you're not aware of exactly how much your mind makes you lose energy – so you may be an empath, caretaker or pleaser personality, doing all you can for everyone around you, but not taking the best care of yourself. Since you are losing, leaking or giving away energy often (again maybe only in some situations or with some people), look at the areas and ways you're losing energy and focus on those to start.

A score over 150 - means that you are leaking, losing and giving away energy all the time and it must be so hard! You are most likely an empath, caretaker or pleaser personality, doing all you can for everyone around you, but not taking the best care of yourself and your needs. This level of energy loss is not sustainable and at some point you are going to 'blow' – whether physically or emotionally - and since that's rarely fun, really consider getting coaching or some means to help you reclaim your power - because you deserve it!

<u>And...if you want to make changes in what you're doing with your energy</u> - so you have more for your life, dreams and goals – then I recommend you check out <u>Energize</u>. It is a great program for learning the ins and outs of energy, how you lose, <u>why</u> you lose and ways to stop that so that you can finally manifest what you want – *your goals and dreams!*

It also has some exciting exercises leading you to manifest your dreams and goals that are fun and having you learning so much about yourself.

Again, you can find out more about Energize – <u>HERE</u> – and as an incentive – you can schedule a free, 30-minute time to talk with me, Diana, <u>HERE</u> to discuss your energy results and whether Energize will help you - though I promise that it will help any and everyone!

Energize also has a 28 day Satisfaction Guarantee – so you can't lose!