

-Lynette Chartier

Identify Your Energy Leaks Action Guide

Energy leaks show up in multiple ways, some more immediately harmful than others, yet they all take a toll. Just because you cannot see an energy leak it doesn't mean it doesn't exist. Some like submarines run deep and silent (no different than a water leak behind a wall) until they surface with force, and you wonder what the hell just happened?!?

1. Let's start by establishing a base line. How would you currently describe your energy, if you were to rate it on a scale from 0-10, 10 being ideal. Do you tend to get up in the morning motivated, enthusiastic, and hopeful for the day or do you dread what is ahead, kind of dragging yourself around day after day ...perhaps just wanting to escape from everything and everyone? Would you say you worry very little, moderately, or perhaps most of the time? Are you inspired by your projects, your service to others, and your work?

Every time you don't follow your inner guidance, you feel a loss of energy, loss of power, a sense of spiritual deadness. Shatki Gawain

Are you: tired of striving and never quite arriving; feeling invisible - not seen- not heard -not valued; feeling all alone and isolated; disconnected from your true self OR just plain stuck, not knowing which next step to take? If the answer is YES...

[Click here for your Complimentary Clarity Session with Lynette](#)

<https://www.transformationstartswithin.com>

lynette@transformationstartswithin.com

Transformation Starts Within

-Lynette Chartier

Whether your energy is being drained by: a toxic relationship or group of folks, not being able to say No, having few boundaries, working too many hours, being in a job that is life draining, not giving yourself any self-care, meeting everyone else's needs but your own, being consumed with self-doubt and scary self-talk, buying into other people opinions, engaging in outings as a way to escape the real issue, too much online browsing and shopping, always people pleasing or perhaps even martyring... in the end these energy leaks stop you from being grounded and aligned within. They leave you feeling discouraged and disconnected. Basically, they hold you back from feeling and achieving what you yearn for deep within. Energy leaks simply make for a shaky foundation on which to build your life.

2. Take a few minutes to tune into the different areas of your life: money, health and self-care, relationships (ex. partner, family, work colleagues), job/ career, spirituality, support network and see what comes up. Identify the one or two areas that are currently causing you to lose the most energy. How is that loss of energy showing up? What does it look like, feel like, sound like?

Now let's dig a little deeper. This might feel somewhat uncomfortable or lots uncomfortable. However, awareness and acknowledgement are the first step in helping you get to the root of the problem. Know that there are commonalities

Are you: tired of striving and never quite arriving; feeling invisible - not seen- not heard -not valued; feeling all alone and isolated; disconnected from your true self OR just plain stuck, not knowing which next step to take? If the answer is YES...

[Click here for your Complimentary Clarity Session with Lynette](#)

<https://www.transformationstartswithin.com>

lynette@transformationstartswithin.com

Transformation Starts Within

-Lynette Chartier

and patterns that show up for women, different than men, when we look at our experiences and their related energy leaks.

The trouble is we often feel like we are the only one who has the problem we are grappling with. Your inner voice might be saying “Why bother, what is going to change... you’ve already tried so many times, worked so hard to make a change and it hasn’t worked...” or perhaps your level of self-esteem is in the toilet (let’s be honest, it happens) and you can’t see a way out. Know that you are not alone.

3. Keeping in mind the area or two you noted above, do any of the following statements resonate? If so, what feels most pertinent. Is it...

I am **Not Enough** (insert smart enough, educated enough, attractive enough, competent enough)? Or I am Too Much – too loud, too different ...?

I am **Invisible**, no one really sees me or wants to hear what I have to say. What I bring to the table is not really valued?

I am all **Alone**, sometimes isolated. I have no physical or emotional support?

I really **Don’t Belong**?

I **Don’t Deserve** / I am **Not Worthy** of any better because I have made way too many mistakes in the past? Does a part of you feel like you are being punished?

Are you: tired of striving and never quite arriving; feeling invisible - not seen- not heard -not valued; feeling all alone and isolated; disconnected from your true self OR just plain stuck, not knowing which next step to take? If the answer is YES...

[Click here for your Complimentary Clarity Session with Lynette](#)

<https://www.transformationstartswithin.com>

lynette@transformationstartswithin.com

Transformation Starts Within

-Lynette Chartier

Our **UN**-acknowledged past wounds, conscious or subconscious are actually embedded in our nervous system and impact our life – more so than we realize. Think of these like a computer virus running amuck unseen in the background.

Meanwhile our minds/ bodies are always working to protect us, even if the ways in which they offer protection no longer serves us as adults. Different parts of us will work to keep the feelings, memories, and false beliefs we created suppressed and in place, thinking that will allow us to keep moving forward. But alas it doesn't really work, and it can feel like you are always haunted by something. We continuously leak energy because of these unresolved feelings and false beliefs we operate under. We basically keep spinning our wheels and our obsessive worrying minds have a party at our expense.

4. I invite you now to take a few minutes to jot down what comes up for you; the feelings and perhaps even the memories tied to the area of your life you identified as having the most significant energy leaks. Do not dismiss any of what comes up, no matter how insignificant it can appear or uncomfortable it may be because it is all a part of the puzzle. What shows up is actually your personal data which will allow you to start connecting the dots and gain more clarity as to why things are playing out like they are.

Are you: tired of striving and never quite arriving; feeling invisible - not seen- not heard -not valued; feeling all alone and isolated; disconnected from your true self OR just plain stuck, not knowing which next step to take? If the answer is YES...

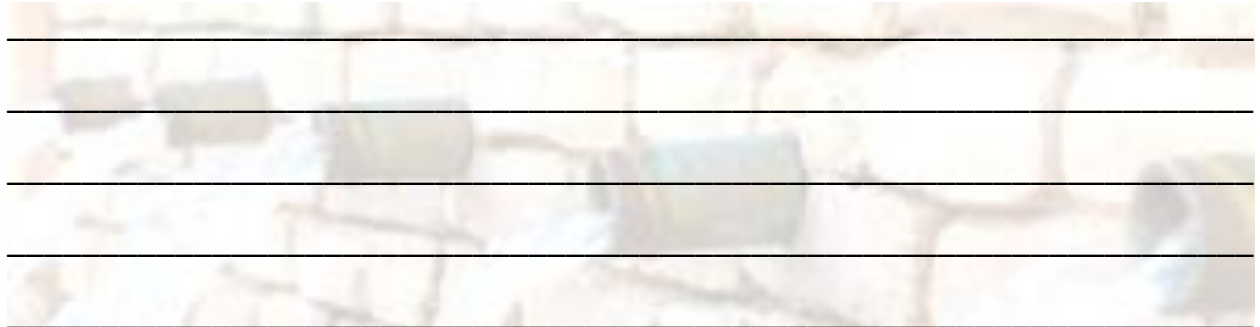
[Click here for your Complimentary Clarity Session with Lynette](#)

<https://www.transformationstartswithin.com>

lynette@transformationstartswithin.com

Transformation Starts Within

-Lynette Chartier



5. Now that you have identified what is not working for you, what have those energy leaks **cost you**? Have they affected your peace of mind and well-being? Have you gone without joy and fun for too long? Have you lost money and time? Have your close connections and relationships with loved ones suffered? Time to get specific.

Are you: tired of striving and never quite arriving; feeling invisible - not seen- not heard -not valued; feeling all alone and isolated; disconnected from your true self OR just plain stuck, not knowing which next step to take? If the answer is YES...

[Click here for your Complimentary Clarity Session with Lynette](#)

<https://www.transformationstartswithin.com>

lynette@transformationstartswithin.com

Transformation Starts Within

-Lynette Chartier

When it comes to better health, Caroline Myss, a leading expert in medical intuition, energy medicine, human consciousness, and higher living, author of multiple books says “Your biography becomes your biology” — our body’s emotional field interacts with our cells and tissues; our internal and external experiences, positive and negative can be transformed into a source of power and healing.

6. Have you suffered enough? How ready are you to make yourself a priority? Are you willing to say No to people, places, and things so you can say Yes to Yourself?

7. Now if you had a magic wand and could have lasting change in the area, you have been exploring what would that be? What would that look like? And more importantly how would that allow you to feel? Close your eyes and let yourself feel the desired feelings for a few moments.

Are you: tired of striving and never quite arriving; feeling invisible - not seen- not heard -not valued; feeling all alone and isolated; disconnected from your true self OR just plain stuck, not knowing which next step to take? If the answer is YES...

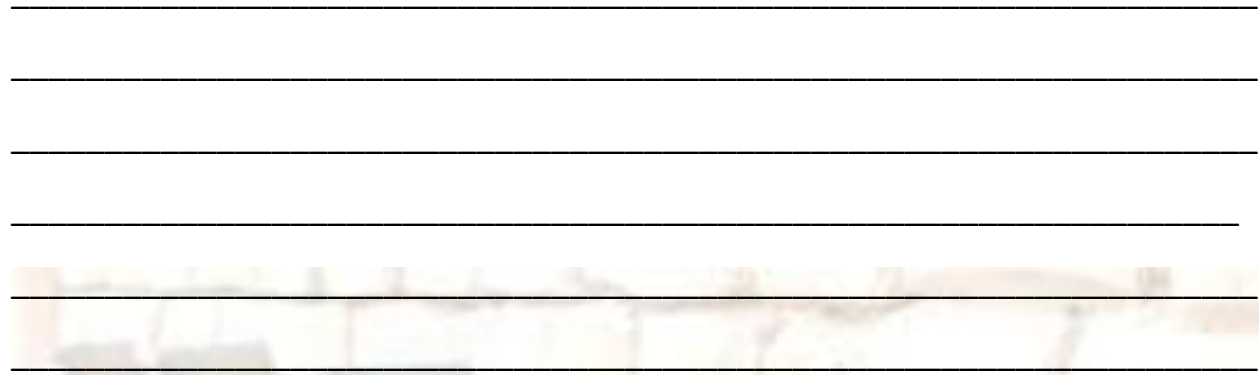
[Click here for your Complimentary Clarity Session with Lynette](#)

<https://www.transformationstartswithin.com>

lynette@transformationstartswithin.com

Transformation Starts Within

-Lynette Chartier



If you have made it this far, give yourself a pat on the back and show yourself some compassion. It is not easy to admit what is not working. Although you likely don't have a magic wand, you can get magic like results if you are willing to look within and take the time to move through what is keeping you stuck.

Feel free to reach out to share what you have discovered about yourself and get any questions answered. What we will do together is get really clear on your goals both short term and long term. I will diagnose the biggest obstacles that are stopping you and tell you exactly what you should focus on to move forward.

Clarity is just a [click away](#).

Are you: tired of striving and never quite arriving; feeling invisible - not seen- not heard -not valued; feeling all alone and isolated; disconnected from your true self OR just plain stuck, not knowing which next step to take? If the answer is YES...

[Click here for your Complimentary Clarity Session with Lynette](#)

<https://www.transformationstartswithin.com>

lynette@transformationstartswithin.com