

## The Energy Filter

### PEOPLE:

Fill out the tables below by entering the name of the **person** who you interact with on a regular basis. Check one of the boxes to the right of the person's name whether they "give" you energy or they "take" energy away from you. Then list the reasons why they give or take energy and what action you can take to incorporate more interaction with the people who give you energy and what action you can take to manage your interactions with those who take energy away from you.

<b>PERSON:</b>	<i>Lisa</i>	<b>GIVER</b>	<input checked="" type="checkbox"/>	<b>TAKER</b>	<input type="checkbox"/>
<b>Why:</b>	<i>Brightens my day</i>				
<b>Action:</b>	<i>Schedule "Dates"</i>				
<b>PERSON:</b>	<i>Jared</i>	<b>GIVER</b>	<input checked="" type="checkbox"/>	<b>TAKER</b>	<input type="checkbox"/>
<b>Why:</b>	<i>Exciting future ahead of him</i>				
<b>Action:</b>	<i>Positive focus conversation everyday</i>				
<b>PERSON:</b>	<i>Entitlement Thinkers</i>	<b>GIVER</b>	<input type="checkbox"/>	<b>TAKER</b>	<input checked="" type="checkbox"/>
<b>Why:</b>	<i>We're owed nothing unless or until we provide value</i>				
<b>Action:</b>	<i>Eliminate from my life</i>				
<b>PERSON:</b>	<i>Naysayers - Glass 1/2 empty</i>	<b>GIVER</b>	<input type="checkbox"/>	<b>TAKER</b>	<input checked="" type="checkbox"/>
<b>Why:</b>	<i>They try to keep achievers down at their level</i>				
<b>Action:</b>	<i>Recognize and choose not to associate with them</i>				
<b>PERSON:</b>		<b>GIVER</b>	<input type="checkbox"/>	<b>TAKER</b>	<input type="checkbox"/>
<b>Why:</b>					
<b>Action:</b>					
<b>PERSON:</b>		<b>GIVER</b>	<input type="checkbox"/>	<b>TAKER</b>	<input type="checkbox"/>
<b>Why:</b>					
<b>Action:</b>					
<b>PERSON:</b>		<b>GIVER</b>	<input type="checkbox"/>	<b>TAKER</b>	<input type="checkbox"/>
<b>Why:</b>					
<b>Action:</b>					