



Joy Bandit Checklist

The first step in dealing with the cause of your joy depletion is to name it. Start a journal and write down when these pesky joy bandits appear. Ask yourself what you can do to eliminate them from your life. This is a great area to work with a therapist or life coach. Let me know if you want to talk about how we can work together to develop a joy bandit eradication plan.

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### ✓ **“The Committee” - The Collection of Mind Traps I Allow to Live in My Head**

- Fear- What IF...; Assume the Worst; Bad Things Are Lurking Out of My Comfort Zone
- Worry About What Others Think of Me and What Others Think I Should Do
- Negative Self-Talk – I Never Get Things Done; I’m a Quitter; I Don’t Deserve Good
- Limiting Beliefs – What Family, Culture, Society Have Told Me about My Potential
- Perfectionism – I Cannot Make a Mistake; I Must Work 150% More; No Time Off
- Comparisonitis – Everyone Else Has a Better Life or Business

### ✓ **Energy Vampires**

- People – Feel Drained & Exhausted, Dread Seeing or Talking to Family, Friends, Co-workers
- Clutter – Physical & Mental “Un”; Unfinished, Unresolved, Uncomfortable, Unorganized
- Technology Gadgets – Unable to Disconnect; Interfering with Live Connections

### ✓ **Saying YES When I Really Want to Say No**

### ✓ **Not Speaking Up and Asking for What I Need to Be My Best**

### ✓ **Caring More About Fixing and Solving Other People’s Problems Than They Do**

### ✓ **Failing To Make Room for ME in My Life – Put Myself at the Bottom of the List**