

BRICKIE CONNECTIONS

BRICKIE CONNECTION #25: Fuels and Drains

You can't add more presence (fuels) into your life until you eliminate the things that are exhausting your time and mental energy (drains). This means setting clear boundaries. Change begins in small increments, so the plan is to focus your attention on eliminating one drain and adding one fuel at a time.

List Your Fuels	List Your Drains	Use this column to eliminate your drains