

ENERGY DRAIN?

THIS IS WHY

STOP THIS ONE HABIT AND SEE WHAT
HAPPENS



SVEN OLIVER HECK



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FROM WASTING TO THRIVING

Some truths are very simple.

This one is simple and powerful.

To shift from wasting your energy;

You just need to break one habit.

Here is how:



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1: CRUSH SELF DEFEAT

Self-defeating thoughts and actions are energy suckers.

They have terrible effects on:

- confidence
- motivation
- creativity
- trust
- flow

Here is what to do:

1. catch yourself talking negative about you
2. directly express a mild gesture to yourself
3. don't judge what is happening



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2: CONNECT WITH YOURSELF

Self-defeating habits are the result of lacking self-connection.

To stop self-defeating habits connect with yourself.

- block high-quality time with yourself
- practice daily self-care and self-respect
- learn to talk kindly with yourself



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03: REFRESH YOUR IDENTITY

Every mastery takes time and effort.

Putting energy into mastery multiplies.

Putting energy into self-defeat drains.

Let's put energy into mastery.

Here is what to do:

1. learn to be disciplined and gentle
2. get in touch with your heart
3. fuel yourself through self-compassion





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LET'S MAKE IT HAPPEN EASY. ■

**Never violate the
sacredness of your
individual self-respect.**

THEODORE PARKER



KEY LEARNINGS

- **Crush self-defeating thoughts, actions.**
- **Prioritize self-connection, care, respect.**
- **Mastery demands discipline, gentle approach.**
- **Implement practical transformation steps.**
- **Honor individual self-respect sacredness.**



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