

PEPPER TIME 28: IDENTIFY YOUR BIGGEST ENERGY LEAK

Timing: 10 minutes today, 10 minutes tomorrow.

What you'll need: Your journal, a pen, and a quiet space.

What it's about: Spotting the one area draining you most and choosing a first action to plug it.

How to do it:

1. Choose your pillar. Write down the 3 pillars of your life, and circle the one that instantly feels heaviest:
 - Performance: career, work, creative output, growth.
 - Relationships: partner, kids, family, friends, colleagues.
 - Well-being: health, rest, spirituality, energy rituals.

2. Name the drain. Ask yourself: What exactly is draining me here? Don't overthink. Trust your gut and go with your first thought.
 - Performance: "My boss's late-night pings."
 - Relationships: "Evenings feel heavy, no spark."
 - Well-being: "I'm running on empty, no rest rituals."

3. Take one micro-action this week. Pick one small step to shift the leak:
 - Performance: Set a no-ping hour after 8 p.m., or move random requests into a shared doc.
 - Relationships: Add one daily walk with your partner or kids, phones away.
 - Well-being: Block one nonnegotiable walk outside.

What to expect: Plugging leaks isn't always easy, but it's always worth it. The moment you seal one drain, energy flows back into every other area of your life.
