

Everyday habits that drain your energy:

- 1. Taking things personally.**
- 2. Holding on to the past.**
- 3. Over-stressing.**
- 4. Sleeping in late.**
- 5. Having a poor diet.**
- 6. Complaining all the time.**
- 7. Overthinking.**
- 8. Gossiping.**
- 9. Not living in the moment.**
- 10. Trying to please everyone.**