

Top 12

Energy Vampires...

that are holding you back!



1. LACK OF SELF-CARE

You are a rockstar at taking care of everyone else, but what about yourself? **Neglecting self-care can lead to losing vital energy and disconnect you from your needs.** It's time to prioritize yourself.

2. COMPASSION FATIGUE

As a great listener and empathetic soul, you absorb the emotions of others. While it's admirable, **constantly carrying the emotional weight of others can drain your energy reserves.**



3. LACK OF BALANCE

Juggling multiple responsibilities at work and home can leave you feeling like you're running on empty. Is saying yes too much draining your energy? **The constant striving for perfection in all areas of life can take a toll on your energy levels.**

4. DISCONNECTING FROM YOUR FEELINGS

Your success at work and taking care of others may have led you to disconnect from your own emotions. **Ignoring your feelings can create an energetic blockage, leaving you feeling empty and unfulfilled.**



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5. SUPERHERO SYNDROME

You've become a badass at getting things done, but at what cost? **The pressure to be the "superhero" for everyone can exhaust your energy resources. Understand that it's okay to ask for help, delegate tasks, and prioritize your own well-being.**

6. CHRONIC PEOPLE- PLEASING

Always **putting others' needs and feelings before your own can drain your energy in a jiffy and leave little time for self-care.**

7. TOXIC RELATIONSHIPS

Negative and draining relationships, whether with friends, family, or romantic partners, **can consume your energy and leave you feeling depleted.**

8. EMOTIONAL VAMPIRES

Certain individuals may constantly seek your attention, validation, and emotional support **without reciprocating, leaving you drained.**

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PROGRESS
OVER
PERFECTION

9. PERFECTION TENDENCIES

Striving for perfection in **all aspects of your life** can be exhausting and make it challenging to find satisfaction in your achievements.

10. OVERWORKING

Pushing yourself too hard and **not taking breaks or vacations** can lead to burnout, leaving you exhausted and unfulfilled.



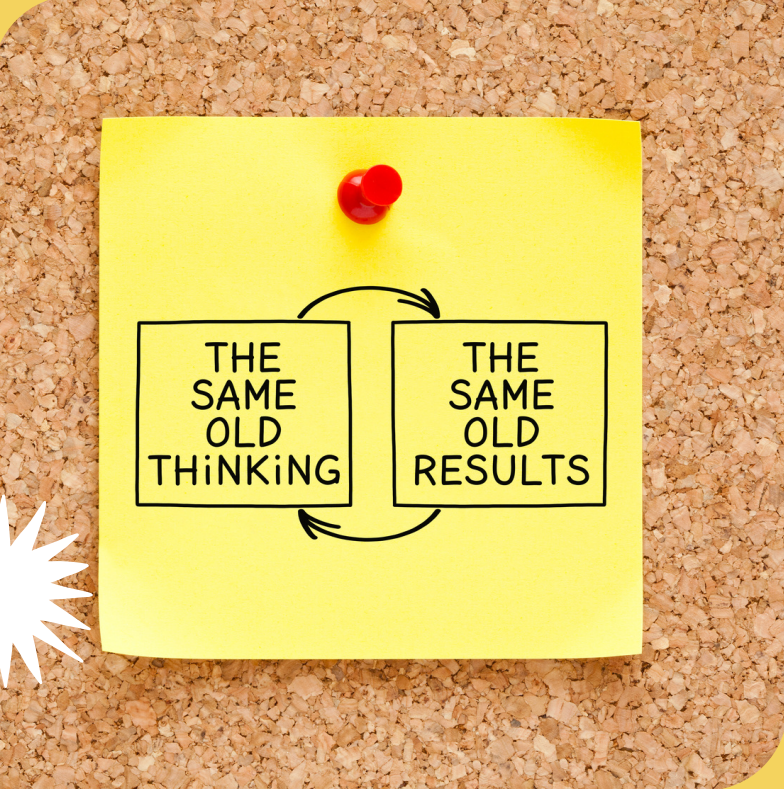
11. MULTI-TASKING

Trying to juggle multiple tasks simultaneously can **lead to increased stress levels and a feeling of never truly being present** in any given moment.



12. NEGATIVE SELF-TALK

Engaging in self-criticism and negative self-talk can **drain your energy and diminish your self-worth**, leading to feelings of depletion and dissatisfaction.



THE
SAME
OLD
THINKING

THE
SAME
OLD
RESULTS

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