

Sustain vs. Drain: Recognizing the people in your life who lift you up versus the ones that try to pull you down.

Take stock of the people you spend time with and how you feel afterward. Feel exhilarated after coffee with Kathy? Place her to the far left of your list. Feel like you were hit by a truck after lunch with Bob? Place him to the far right of the list. Remember that the top line is a continuum, so if John makes you feel good, but not quite as good as Kathy, he goes in the left column somewhere between Kathy and the neutral line.

After you've listed the people in your life, resolve to spend more time with the people to the far left while minimizing your interactions with the ones on the right. Use for activities as well. To read more, click [here](#).

