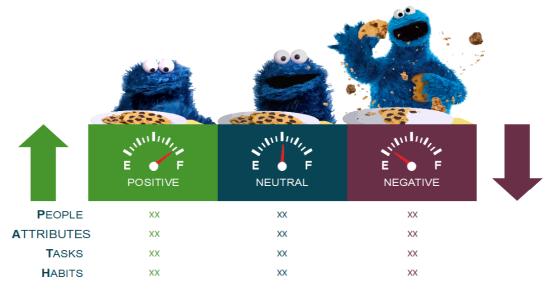


This simple exercise is a good way to unpack where you get your energy from. It is a type of audit. Take a piece of paper in landscape form and divide it into 3 columns: Positive, Neutral and Negative :



### (1) People – think about the main people in your life and at work and divide them into those...

- Who fuel your resilience? Put their names in the positive column.
- Who tend to drain you (even if you very much care about them)? Put them in the negative column (be honest with yourself, harsh as that may seem).
- Who are in the middle, sometimes they fuel you and sometimes they drain you it tends to be up and down or unpredictable? Put them in the middle column.

## (2) Attributes – think about the way your personality is showing up through your actions and behaviours at the moment...

- Which parts of your personality fuel your resilience, because they make you behave in ways you highly value (for example, kindness, intelligence, optimism, etc)? Put these into the positive column.
- What parts of your personality leave you drained on a day-to-day basis because they leak out in unhelpful behaviours (for example, irritability, negativity, criticism, etc). Put these in the negative column.
- What parts of your personality are neutral or sit in the middle, sometimes they work in your favour and sometimes they work against you (for example, control)?

### (3) Tasks – think about how you spend your time...

- What tasks and things that you do fuel your resilience, make you feel great? Again, these belong in the positive column.
- What tasks do you find draining, make your stomach sink, perhaps things you feel you have to do but don't like doing? Put these in the negative column.
- What tasks and activities sit in the middle, sometimes they leave you energised and other times, not so much?

### (4) Habits – think about those things that you struggle to give up...

- Which of your regular habits are nourishing and fuelling? Put these in the positive column.
- Which of your habits are guilty pleasures and ultimately draining because you know they are not good for you? Put these in the negative column.
- Which of your habits sit in the middle (in part, fuelling but also can be draining)?

#### Once you have completed steps 1-4, take a look at the 3 columns...

- Is there balance across the three columns, positive, neutral and negative?
- Overall, how would you sum up your energy levels?
- Are you in credit (more positive than negative) or debit (more negative than positive)?

# If your energy is out of balance, can you identify ways in which you might dial up positive energy and dial down negative energy?

- Are there people you need to see more often or less often?
- Are there parts of your personality you need to project more or pull back on?
- Is there a different way of completing your tasks so that ultimately the way you spend your time feels like time well spent?
- Are there habits you need to give up, or new habits you need to embed to ensure there is more positive than negative energy in your life.