



Energy Gain/Drain in Your Work Life Today

Complete this exercise to get clarity on what are the things that are draining your energy or giving you energy on a day to day basis.

You can take action straight away to change some things that are draining you.

LOOKING AT THE ENERGY GAIN / DRAIN IN YOUR WORK LIFE TODAY

Sometimes we may not realise the things that continuously drain our exercise & give us that feeling of not enjoying the work that we do.

The exercise below helps you to recognise what drains you in your day-to-day.

Step 1: Review your day

Look back over your work day & write down all the main activities of the day, write down the activity & mark whether the activity gave you energy or drained your energy:

√ - Gave me energy

X – Drained my energy

Step 2: Look at each activity & decide what activities you will continue, what you will stop & what you will change:

Continue:

Stop:

Change:

Step 3: Write down the specific date that you will achieve this by & commit to the action that you intend to take.

“When you are enthusiastic about what you do, you feel positive energy.” – Paulo Coelho