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## **Lesson A Skill Builders**

One exercise to give you a clear view of exactly what depletes your energy (stresses you out), and what replenishes your well.

### ***Identify Energy Drains & Gains***

Before creating repeatable systems that will assist you in managing your energy wisely, it helps to have a clear picture of where your energy gains and drains are. Here's a simple, practical way to do just that:

- Draw a line down the middle of a piece of paper. Label the left column 'Energy Gains' and the right column 'Energy Drains.' (Or use the Bonus Worksheet at the end of this lesson.)
- With the last 48 hours of your life in mind, list the things that drained your energy, and the things that gave you energy in the appropriate columns. Then review them and assign each gain and drain a point value between one and five. A one in an energy drain means it adds a little enjoyment and gives you a little energy boost, a five is something you're absolutely wild about that thrills you and takes your breath away. A one in an energy gain means the stressor or situation depletes you a bit, a five indicates that it's something extremely energy sapping.
- You probably guessed the next step - add the total points for each the energy gains and the drains. Does one outweigh the other? Are your energy expenditures productive or non-productive? If your energy gains are much higher than the drains, good for you! Stick to what gives you pleasure, but certainly pay attention to the drains as well to see where you can plug those holes up.
- If your drains score higher, there are many practical, logical steps you can take to bring them down over time. For one, find patterns by categorizing them. For example, are the drains related to your environment at home or work? Are they related to psychosocial issues? Physiological factors like diet, caffeine or medication? You can hit some serious pay dirt by figuring out which of your drains are real and which are perceived, which will give you a good idea of which ones you have some control over and which ones might be out of your control.
- Based on your analyses, complete the following phrases:
  - Patterns I've noticed include \_\_\_\_\_

- I realize I've been investing my energy in (worry/anxiety/stress)\_\_\_\_\_
- Things I can do something about immediately are\_\_\_\_\_
- Things I need help, advice or support with are \_\_\_\_\_
- I commit to making the following energy efficient choices either mentally, emotionally and/or physically to reduce the amount of energy drains/stress in my life:\_\_\_\_\_
- My values include \_\_\_\_\_, and I choose to invest in my energy in them by \_\_\_\_\_

It may be worthwhile to reread and update this exercise, which may become a part of your repeatable systems for professional excellence, at least weekly and keep track of how you're doing.