

## Energy Depletion Exercise



1. Identify 1 - 5 tasks / activities that you do as part of your working day which tend to deplete your energy or 'drain your battery':

2. Choose **one** task / activity that you'd most like to change and tick the box that most applies for each statement:

Would this activity be **more** or **less** depleting.... (or does this already apply?)

	MORE DEPLETING	LESS DEPLETING	ALREADY APPLIES
If you performed the task when you were well-rested, calm, physically comfortable and well-fed?			
If you had the training, experience and support necessary to carry out the task effectively?			
If you could ask for and receive help?			
If you could eliminate distraction and have time to solely focus on this particular activity?			
If you could move the task elsewhere (e.g. to a more inspiring environment / at home / outside)			
If you could carry out this activity at a time of day when you tend to feel more focused and energetic?			
If this activity formed part of a better organised project plan?			
If you had adequate available time to complete it? (not too much, not too little)			
If you could fully appreciate the value this task brings?			
If it were possible to delegate or share the task?			
If you expected that someone would thank you for your contribution or acknowledge the value that you bring by completing this task?			
If you could bring a sense of fun, lightness or playfulness to the task?			
If there was a reward involved? (not necessarily financial).			
If you considered yourself to be highly skilled at this task?			

3. Mark 1 - 3 statement(s) that make the most sense to you as a new way to approach the task or activity in the future.
4. Consider **how** you are going to apply this /these new approach(es) next time (write notes below):



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