

## 1) Energy Search

Here's a simple list of questions to identify what you're enthusiastic about.

You will need to add to the examples I have listed.

(NB Nothing is too small to mention.)

### Explore a Good Day

- What made it so?  
The weather, a sense of fulfillment etc?
- Who were you with?  
Alone or with colleagues, customers/clients, children/adults, age, what was their experience/ educational background/ need
- What were you doing? .  
Talking, writing, thinking, advising, making, leading, processing etc.
- What kind of information were you handling?  
Databases, internet, paper files, visuals
- What 'tools' were you using?  
Computer, pens, instruments, machinery etc
- Where were you located?  
Indoors/outdoors, standing up, sitting, moving about, travelling etc

What is your level of energy on a **good day**?

1 = low, 10 = high

### KEY QUESTION

**What/who gave you energy?** Remember those.

Now explore a **Bad Day**. I'm sure you've had a few.

What was the level of energy during your **bad day**?

1 = low, 10 = high

Go through the same questions as before.

**KEY QUESTION**

**What/who took your energy?** Make a note of these.

**SUMMARY**

What can you do to avoid, or at least minimise, **energy draining** activities and people so that you have more time for **energy giving** activities and people?