

Inpowered Instructions to your Gain and Drain Sheet

Mental prep for exercise: At the end of a day or week, take note of the things that were energizing you. Then get specific and ask yourself why? Were these activities or interactions playing to my talents? Were there ways I was using several talents at the same time? (When coaching I often see my Belief, Achiever, Strategic, Command, and Connectedness all get to play together from the prep to the next steps at the end of the session. That can lead to the power of Flow.) Begin to take note or even log little activities that are Gainers for you that could become energy boosters for you.

Now flip to the other side. What are some of the things at the end of a day or week that drain you or accelerate frustration or fatigue? Again, get specific and ask yourself why? What weaknesses might you be playing to or are preying on you? Are there activities or interactions working against your top 5 talents? Why do certain people drain you? Or are they firing up the Kryptonite? (When I am around new people and have to carry the conversation, my relational reservoir gets tapped fast. Technology problems drain my energy so much and so deep to the point I know several Geek Squad agents by first name.)

Application for post exercise: Now begin to think of ways to avoid the drains or how to refuel yourself from them with Gains. Use the questions below.

In activities or relational interactions that boosted my energy:

What talents might have been involved and how?

Were there any combinations of talents playing off one another?

Are there any patterns or repeated themes I see in my Gain column?

In activities or relational interactions that sucked life from me:

What talents were being violated or ignored and how?

What lower talents may I have been working out of that multiplied the drain?

Was there anything that kicked off the Kryptonite of one of my top 5 talents?

Are there any patterns or repeated themes?

Are there any Gain habits I could do before or after the Drain demands to get a recharge?

Gain or Drain Exercise



Consider the activities you do throughout your day. Identify what brings you energy - list those in the **Gains** column. Also identify what depletes your energy - list those in the **Drains** column. Be as specific as you can. Continue to add to the columns throughout the day or week. Make additional copies of this page as needed.

Energy Gains

Energy Drains
