



Reclaim Your Energy at Work!

BACKGROUND: How we FEEL at work, affects how powerful we feel and how much energy we have. We all have feelings while working – after all it's where most of us spend our prime years and the bulk of our time and these feelings change over time and can be anywhere between misery and ecstasy.

In order to manage your work-life effectively it helps for you to understand what you enjoy and what you don't enjoy in your current work. Only then can you take action to reclaim your energy and power. And it's very important to be honest with yourself: If you deny the truth of a situation, you also deny yourself the opportunity to make meaningful changes.

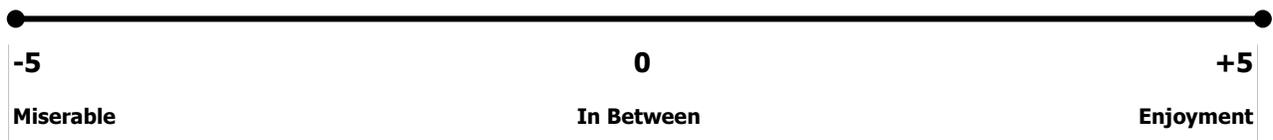
What we want when making changes in our businesses to move from a position of STRENGTH - and not from one of stress, weakness or unhappiness. This exercise will help you identify 3 actions you can take to energise your current working situation.

INSTRUCTIONS: So, where are you on the 'enjoyment' continuum? What contributes to how you feel at work? How could you have more energy at work? Answer the questions below to find out.

1. What % of your time at work are you feeling:

ENJOYMENT	%
IN BETWEEN	%
MISERY	%

2. Put an X on the line below to show where you are most often on the 'enjoyment' continuum:



3. What have you noticed so far? Any surprises?

4. What would you say most contributes to your enjoyment at work?
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Tip: People who enjoy their work are usually good at making a distinction between themselves and the RESULTS of their work. This brings a detachment that allows for enjoyment of work independent of circumstances. When we don't maintain this distinction, our enjoyment will always be dependent on whether or not things are going 'well'.

5. What would you say **most** contributes to your **misery** at work?

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6. What would you say are the **underlying critical variables** as to whether you enjoy work or not?

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7. What **COULD** you do differently at work to feel better? (brainstorm ideas here)

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8. What would **make the biggest difference** as to whether you enjoy your work or not?

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9. Now, what **WILL** you do differently to reclaim your power and energy at work?

1st Action _____ By when _____

2nd Action _____ By when _____

3rd Action _____ By when _____

Now copy these out on *post-it notes* and stick them in your car, wallet, locker, fridge door, desk drawer or *any place where you will see them often.*