



Batteries exercise

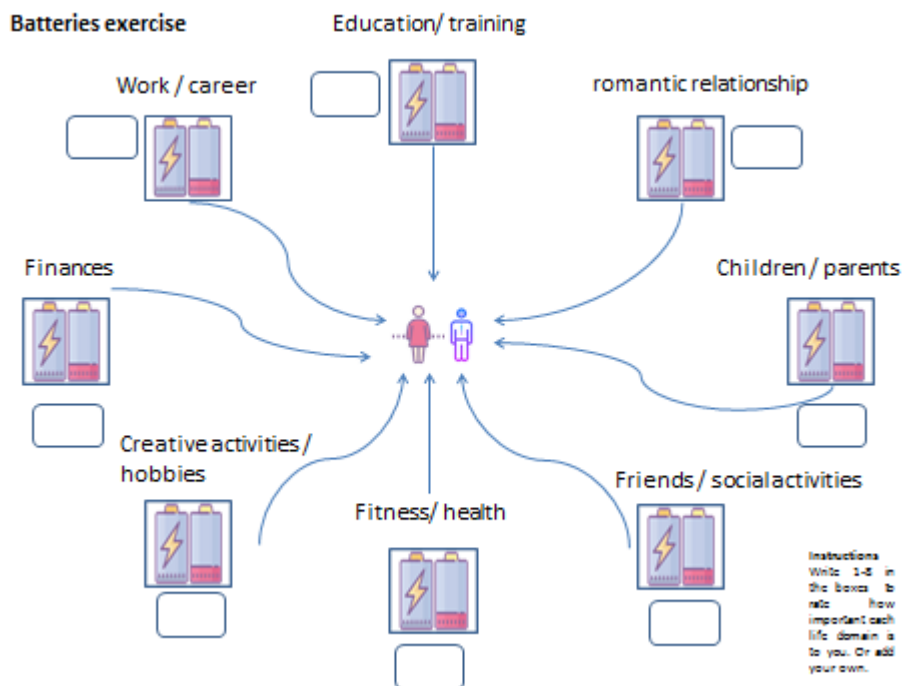


This exercise is an alternative to the 'popular values' exercise you were asked to try in the 'try now' section of this week.

This exercise offers you another way to think about all the different parts of your life and is designed to help you consider which parts are most important to you and from there you can start to think about your values for that area.

A good way of thinking about each part is to consider the energy gain and drain of each so that you know which ones boost you up and which ones don't. It can also be helpful to rate the parts of your life in order of importance to you.

It's a good idea to personalise this by adding in other areas that are relevant to you, we are all different and each of us has different parts that make up our life puzzle.



Example

Holly* considers her **children** and her husband (**romantic relationship**) important to her wellbeing and she values their role in her life. They boost her energy overall despite needing lots of energy from her. She rated them 8 (highest).

She separated children from parents as they were different for her.

She considers her **work/career** as a healthcare professional to be important to her, she provides for her family and she enjoys her role within the NHS Wales. She works as part of a small team and mostly gets along with her colleagues. They work together in a busy environment. she rated this part of her life 7 as she gets enjoyment and a sense of purpose from her role. She circles energy drain and gain as it takes a lot from her but also gives her energy back, being around others.

Fitness / health is also 7 as Holly finds working out boosts her energy when she's had a stressful day and gives her some much needed time to herself.

Finances are 6 as they are important to keep the family life going but not the most important thing in her life. She circled energy drain as sometimes it's stressful at the end of the month.

Friends and social activities are important to Holly as she likes to socialise but she doesn't always have time to prioritise them. Similarly her **parents and family** are important to her but there are a few family issues so right now the energy drain is more than the energy gain. This changes often though.

Creative activities/hobbies, she doesn't currently have much time for these however she knows they provide a much needed energy gain.

Education and training isn't relevant currently for Holly. She has left this blank.

