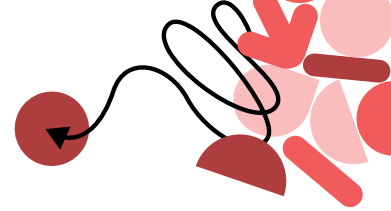


Drivers & Drainers



Drainers are the things you do that bring you down and drain your energy. **Drivers** are the things that get you out of bed in the morning, make you feel great and motivate you.

In this exercise, you will identify your Drivers and Drainers in life. You will then develop strategies to manage, minimise or eliminate your Drainers AND develop strategies to prioritise, amplify or make room for the Drivers!

Now... there might be a lot of Drivers and Drainers in your life that happen once a year.

For example: Organising a Christmas party drains you. But that only happens once a year. It's a drainer but not the kind of Drivers/Drainers we want you to identify.

We're talking about the *regular or recurring things* that drives/drains you at home, at work, at school, uni or in life.

The response to this activity is for you to keep. So feel free to write your response in your diary/book/computer. Make sure you do a written response though and not just think about it. Put it on paper so you articulate what these things are.

Let's begin!

Step 1: Identify your drainers

Write phrases or full-sentences to describe your drainers.

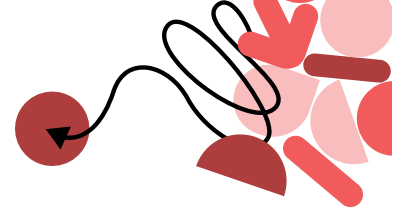
Below are some prompting questions and examples to help you brainstorm.

1. What activities do you dread **doing** most? (e.g. folding laundry, doing Maths homework)
2. Who drains your energy? (e.g. meeting with Max, working with Sonya, arguing with my sister)
3. What takes up a lot of your time/energy that you don't actually enjoy doing? (e.g. cooking, gardening, responding to emails)
4. What stresses you out unnecessarily? (e.g. worrying about what people think of me, , checking how many likes I got on my post)
5. What costs you a lot of money that you don't even enjoy? (e.g. paying subscription to streaming services, paying gym membership)

Step 2: Identify your drivers.

6. Write phrases or full-sentences to describe your drivers.
7. Below are some prompting questions and examples to help you brainstorm.
8. What activities do you enjoy doing most? (e.g. singing, creating illustrations)
9. Who leaves you feeling energised and/or happy? Someone you wish you could spend more time with. (e.g. my best friend (write his/her name!), shopping with my mum, talking to my barista)
10. What do you do to play? Something you enjoy doing though it feels like a waste of time (e.g. making puzzles, playing the guitar)
11. Complete the sentence? I wish I had more time for ...
12. What do you enjoy spending money on? Things that make you happy or feel like an investment in yourself! (e.g. purchasing branded clothes, paying for your yoga classes, buying gift for others).
13. What makes you smile when you think about it?

Drivers & Drainers



Step 3: Formulate strategies to minimise your Drainers and maximise your Drivers!

For every Drainer you have identified, write one **ACTION** you will take to minimise, eliminate or manage it more effectively. Be really specific, practical and realistic with your strategy!

For every Driver you have identified, write one **ACTION** you will take to do more of it. The idea here also is that once you address your Drainers, you will have more room, energy and time to amplify your Drivers even further.

What will you do today to change your Drivers and Drainers?
Not things you might do, can do or want to do. But something you will do!

So write *I will* statements as your strategies.

Examples:

Drivers	Drainers
Playing the guitar. Strategy: <i>I will</i> organise a jam session with Anita this weekend.	Being on Instagram. It makes me feel like my life sucks. Strategy: <i>I will</i> set a daily limit on my phone and honour it for at least 7 days.
Talking to Joy Strategy: <i>I will</i> text her to organise our next catch up.	Paying for my gym membership that I only go to once a month. Strategy: <i>I will</i> cancel my membership tomorrow and sign up again when I am ready to commit.

