



## Drains & Gains

This activity forms part of the basis to help you clarify what you are wanting in your next career move. In this activity, trust that whatever flows out is perfect. Avoid censoring yourself. Feel free to use more space if you need to go beyond this chart. We'll be taking a next step with it during the workshop.

1. Close your eyes and visualize the activities, people, and situations that drain your energy in your current and past work situations (and your personal life, if that makes sense). "Drains" tire you out, frustrate you, and exhaust you. Open your eyes, and then, in the first column, "Drains" – make a list of those activities, people, and situations. You might consider them the things you dislike or hate about your current or past work situations.
2. Once again, close your eyes and visualize the activities, people, and situations that give you energy in your current and past work situations (and your personal life, if that makes sense). "Gains" are people and circumstances that feed and nourish you. Open your eyes, and then, in the second column, "Gains" – make a list of those things. You might consider them the things you just know, intuitively and immediately, those things that you like or enjoy about your current or past work situations.
3. **Feel free to write beyond the boxes here.**

Drains	Gains

*"...before you discover what is right for you on an external level, before you discover what works, what is compatible with the awakening consciousness, you may have to find out what is not right, what no longer works, what is incompatible with your inner purpose." - Eckhart Tolle*