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## **Energising Activities**

The aim of this exercise is to allow you to work out the balance in your life between the things that energise and motivate you and the things that take away that motivation, or 'de-energise' you. You should aim to do one or more energising activity each day in order to counterbalance those which take energy away from you.

Think of all the activities that you might do in a normal day. Choose activities from your work or personal life. List what you feel to be the most significant ones in the table below. Tick those which motivate and energise, and cross those that seem to take your energy away. What does the balance look like? What lessons will you take away?

Activity	Energising?