

DYNAMIC DIRECTIONS

PERSONAL DEVELOPMENT EXERCISE

Who Gives Me Energy?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Who Drains Energy From Me?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Why do these people give me energy?

What characteristics do the people who give me energy have? (What makes them special?)

How can I reduce or eliminate the time spent with people who drain me?

Read these definitions of five kinds of people you should have in your life. Below each definition, list three people who fit that category for you. Reach out to these people to ask them to fill these roles in your life.

Heroes: A hero is a person of courage, the man of the hour, a lion heart, champion and victor. You are typically drawn to your hero because he or she represents someone you aspire to be.

- 1.
- 2.
- 3.

Gurus: A guru is someone who can play the role of expert, sage, master, authority, pundit, leading light or specialist for you or your company. A guru gives you answers when you have specific questions about your life or business.

- 1.
- 2.
- 3.

Coaches: An effective coach teaches you discipline, motivates you through mutual respect and gives you tough love when you need it. He or she pushes you farther than you ever thought you could go while constantly reminding you how good you already are.

- 1.
- 2.
- 3.

Mentors: A mentor is an advisor, guide or counselor who is motivated by a desire to see you succeed.

- 1.
- 2.
- 3.

Confidants: Confidants are your closest friends and partners – individuals to whom you tell your deepest and most intimate secrets.

- 1.
- 2.
- 3.