



## Energy Tank (Fillers & Drainers):

My ENERGY **FILLERS**:

My ENERGY **DRAINERS**:



## Energy (x) Execution = Results

Energy = How people feel when they are around me; Execution = How well I am doing my job

(Ratings are a 1-10 Scale)

Professional:

My Energy \_\_\_\_\_ (x) My Execution \_\_\_\_\_ = RESULTS \_\_\_\_\_



Am I helping LIFT the organization or am I being a SANDBAG?



## The 4 Progress Questions:

1. What's **WORKING** for me/us?
2. What's **NOT WORKING** for me/us?
3. What have I/we **LEARNED** from this?
4. What will I/we **DO DIFFERENTLY** moving forward?