

POSITIVE STRETCH

1

IDENTIFY A
"GO-TO"
ACTIVITY

What's an *energizing* activity you do easily, almost automatically, which allows you to be successful at work almost every time you do it?

2

WHICH
ENERGIZERS
ARE USED?

Which of your top 7 energizers do you use in this activity?

3

PICK ONE
STRETCH
STRATEGY

Can you somehow **teach or mentor** others about this activity?

Can you gain **new knowledge or skills** that would "up your game?"

Can you **create or join a project** that would push you outside your comfort zone?

Can you **add in any other energizers** to combine them for a new application?

4

DESCRIBE
YOUR
STRETCH

Describe *specifically* how you will apply one of the above strategies (or a different tactic) to positively stretch in an area of energy:

5

FIND &
ENSURE
SUPPORT

Who do you need support from to succeed? How *exactly* can they help you?