

Health Gains and Drains Exercise

Directions Part 1: Notice at the left is the “Good for Me” column and on the right is the “Bad for Me” column. Print this form out and list all the “good” things that contribute to your life and wellbeing. Examples include physical activities, hobbies, leisure activities, dietary supplements, eating patterns, attitudes, beliefs, work, family, relationships, etc.

Be sure not to list the things you think should be good for you – instead, reach into your heart and health and to thine own self be true! This is not about what you should think is good for you, but rather, what you truly believe is good for you – it makes you feel better, lighter, gives you support, love, healing, relaxation, etc.

Next, in the “Bad for Me” column, list everything you feel is detracting from your health and wellbeing right now. Again, you can include things from all areas of your life: activities, work, family, friends, relationships, food, etc.

Note that some aspects of your life will have both good and bad aspects. For example, you may love your work for the most part but certain aspects of it seem draining. In this case, put your work in the “good” column but specify which aspects are draining for you in the “bad” column (i.e., high pressure, too many hours, tasks that are tedious).

Make as many copies of the worksheet as you need. Feel free to do this in two or three sessions but really look deep to see what is helping your health and life and what is not.

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Good for Me (makes me more alive, healthy, and happy)	Bad for Me (drains me, reduces my energy and happiness)