

Health Gains and Drains Exercise

Directions Part 2: Review the columns and then circle the five most significant items in each column. Rank each of those five items from 1 to 5 with 1 being the most important and 5 being the least. Now go back to the top 5 in the “bad” column. Identify specifically the reasons these items are so hard on you. Look at them under the microscope until you have a clear picture of the main things in your life that are negatively affecting your health.

Next, select the worst one from the “Bad” column and see how clearly it is detracting from your life. Commit to eliminating this item from your life. Design a plan for doing so and consider the date by which you will accomplish it. Write down your intent and put it somewhere where you may see it often. If it is too personal or you don’t want others to see it, make a symbol to remind you of your commitment and place the symbol on your mirror, your computer, or your car’s dashboard.

That’s it! Once you’ve eliminated all of the negative influences of item #1 on your list, move on to #2 and repeat. Continue until the first five have been eliminated or rendered powerless in your life.

Next, move onto the “Good” column. Note the five things you circled. Consider how you can do more of these things or things like them.

The idea is to have more good things in your life as you eliminate or render powerless the negative ones, tipping the balance in favor of a life you love to live.

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