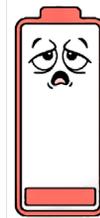


## Work Battery: Gainers and Drainers Self-Assessment



Sensory environment (temperature, lighting, auditory)	
+ + +	- - -
Environment & Ergonomics (physical arrangement)	
+ + +	- - -
Supervision/ oversight	
+ + +	- - -
Workplace communication	
+ + +	- - -
Social interaction/ team building	
+ + +	- - -
Personal wellness (nourishment, movement, rest)	
+ + +	- - -
Task/ activity type	
+ + +	- - -



# THRIVE Plan

Activities/ tasks I excel at-

Activity 1	Related strengths-	How might I use this to benefit myself/ organization?
Activity 2	Related strengths-	How might I use this to benefit myself/ organization?

Activities/ tasks I struggle with-

Activity 1	What gainers might I incorporate to lessen the drain?	What self-motivation strategies might I leverage to reinforce my efforts?
Activity 2	What gainers might I incorporate to lessen the drain?	What self-motivation strategies might I leverage to reinforce my efforts?

Are there any activities I struggle with that are non-essential to my job which could be outsourced?