

Step 3: Maximize Your Energy



1. Win-Win or No Deal

When was the last time you "won" at something? Maybe you got in the short line at the store. Maybe you got the raise. Maybe you negotiated a deal. Did the other person "win" too? Were you concerned about the other person's "win" in that moment.

Think back to a time when you had an argument with someone. Did the argument turn into one with a winner and a loser?

Is this argument is still an open issue or an open wound for you? Might this argument still be an open issue or wound for the other person? If you were to say something to this person now to close the issue or heal the wound, what would you say to them?

Meet with, or phone this person and tell them.

2. Openness

When was the last time you did something for the first time? Do you think this is an indication of your openness? Write down why you think so.

3. *Boundaries: Setting new expectations*

Do you have any relationships that would be less draining if you clarified your expectations? Write out a script you can use to establish healthier boundaries.

I feel _____ when you _____.

I want you to _____.

Otherwise, _____.

4. Apply the Burrito Principle

What is a problem in your life that seems to elude a satisfactory solution, e.g. at home, at work, in an organization? Apply the Burrito Principle by using the following steps:

Note: If the problem only involves you, you can do these steps alone. If the problem involves other people, be sure to include them in the process.

What is essential about what you want? (Be sure you identify the end result instead of a means of achieving it.

Write out a bunch of potential solutions even if it's not something you'd really choose. It can inspire other ideas that you wouldn't have thought of otherwise.

[illegible]

Which solution works best for everyone involved?

5. *Tweak Your Environment*

Identify 1 or more energy drains that might be resolved by making a simple tweak to your environment, e.g. a habit you've been wanting to establish, time you waste when you should be working or something you keep forgetting to do. Then write out some changes you can make so you won't have to rely solely on your willpower.

Energy Drain:

Potential tweaks:

Energy Drain:

Potential tweaks:

Energy Drain:

Potential tweaks:
