

# Creating Your Own Bucket List

(Where do you get your energy?)



**Plug** into whatever gives you **ENERGY**

**Cut** the plug from what sucks up your **ENERGY**

**Switch** the plug to someone else that gains **ENERGY**

**Re-plug** so a task will give you great **ENERGY**

**Structure** your plugs to limit their sucking your **ENERGY**

What tasks, activities or events give you energy?

What tasks, activities or events do you do that should simply be tossed?

What tasks, activities or events do you do that you could give to others that will give them energy?

What tasks, activities or events can you do differently so they produce energy rather than suck it out of you?

What tasks, activities or events do you do that you can't toss, transfer or change and must still do them?

# What Lens do you use to Screen your Time Commitments?

Key Questions for *Strategic Abandonment* Work -I am taking on this responsibility ...

ARCHETYPE	SHADOW STATEMENT	STRENGTH STATEMENT	VALUE STATEMENT - (basis for my normative)
<b>Warrior</b>	<i>... because I think I am the only who can do it?</i>	<i>... because I want to increase the performance of my role and those I lead through this responsibility?</i>	<i>(I am valued because I can get the best out of others and projects.)</i>
<b>Caregiver</b>	<i>... because I believe I will be valued for “helping?”</i>	<i>... because I know my skill set will “help” where others truly can’t complete a task?</i>	<i>(I am Valued because of my skill set, not because I simply help.)</i>
<b>Innocent</b>	<i>... because I don’t want others to be discourage if I say “No?”</i>	<i>... because I know I can inspire hope to those in the project, task, or process?</i>	<i>(I am valued because I can help others become optimistic in the face of struggling odds.)</i>
<b>Orphan</b>	<i>... something will go wrong if I don’t?</i>	<i>... because I have an cold eye for danger and a warm tongue of truth others will hear?</i>	<i>(I am valued because I see danger and can help others avoid it and accomplish great things.)</i>
<b>Seeker</b>	<i>... because I just like a challenge to find something new?</i>	<i>... because I have the ability to help others see new things that can move us in a new direction profitable for everyone?</i>	<i>(I am valued for solving complex problems.)</i>
<b>Lover</b>	<i>... because I am comfortable doing it - we have done it for so long?</i>	<i>... because I have a passion for using this project, task, tool, to bring others together?</i>	<i>(I am valued for pulling people together.)</i>
<b>Destroyer</b>	<i>... because I someone has to stop us from doing useless things?</i>	<i>... because I can spot waste in this task, project, process and help others see it, as well?</i>	<i>(I am valued for teaching others how to quit useless things in their life.)</i>
<b>Creator</b>	<i>... because I like to build things and put things together?</i>	<i>... because I can put things together where others can’t?</i>	<i>(I am valued because my skill set allows me to construct tangible tools out of the ideas of others.)</i>
<b>Ruler</b>	<i>... because it is a rule that is to be followed (I am supposed to do it)?</i>	<i>... because by doing it I can establish a stable and structured environment to keep others safe?</i>	<i>(I am valued for making things stable.)</i>
<b>Magician</b>	<i>... because I can change someone or something?</i>	<i>... because I can help others reach the change they have identified they want to reach?</i>	<i>(I am valued for helping others transform themselves and the work they do.)</i>
<b>Sage</b>	<i>... because I know what others don’t?</i>	<i>... because I can learn something new and teach others to expand their lexicon of knowledge?</i>	<i>(I am valued for helping us all learn.)</i>
<b>Jester</b>	<i>... because I will have fun?</i>	<i>... because we all want to enjoy our work and I can help others find that joy?</i>	<i>(I am valued for finding gratification in work.)</i>