

Red and Green Activities

- 📍 Strengths
- 🕒 5-10 min. daily
- 👤 You

Tool Description

Instructions

Step 1: Introduction

A hallmark of strengths is “energy”. When we use our strengths, we feel energised and engaged. Activities that rely on our strengths are enjoyable and feel as if our energy levels are being raised.

In contrast, using weaknesses drains us. When we operate from our weaknesses, we feel negativity, disengagement, and lack of motivation. Activities that rely on our weaknesses feel as if our energy levels are being drained.

In this exercise, we call activities that rely on your strengths and provide you energy “green activities”. These are activities that:

- you truly enjoy doing
- make you feel energised
- make you forget time
- you look forward to
- you can do well even under conditions of stress or fatigue

Activities that rely on your weaknesses and deplete your energy are referred to as “red activities” These are activities that:

- you do not like doing
- make you feel depleted
- seem to pass very slowly
- you don't look forward to
- require a lot of effort and self-control to do well

Step 2: Record Red and Green moments

During the upcoming week, record your “green” and “red” moments on a daily basis. Use the table in Appendix 1. In the first column of this table, provide a brief description of the activity. In addition, indicate energy levels per activity by registering the extent to which the activity at hand enhanced energy or depleted energy. In the second column, put a sign next to each activity to indicate the change in energy level:

- required a lot of energy
- required some energy
- 0 did not require energy but did not give energy either
- + gave me positive energy
- ++ gave me a lot of positive energy

Step 3: Strengths Reflection

After completing the reflections, closely examine your answers. Select the five activities that make you feel most energised and use the first column of the table in Appendix 2 “My Top 5 Green Activities “ to list them.

Next, use the second column of the table to indicate what strength(s) you may be using during each activity.

Step 4: Weakness Reflection

Now do the same thing for the 5 activities that depleted your energy. Select the 5 activities that make you feel most depleted and use the first column of Appendix 2 “My top 5 Red Activities “ to list them. Next, use the second column of the table to indicate per activity which strengths you are lacking during this activity

Step 5: Evaluation

What have you learned from this exercise?

What new discovery(ies) have you made about yourself?

How can you use your strengths more often?

Which strengths are lacking (weaknesses)?

How can you effectively deal with situations that deplete your energy? For instance, you can delegate your energy-draining areas, or can you reframe those tasks. Alternatively, you may marshal your strengths to help, or build your energy ahead of time so that you have the baseline energy you need to get through an energy-draining task.

Appendix 1: Daily Reflection Form

Date:

<i>Green Activities</i>		
<i>Activity</i>	<i>Energy Levels</i>	<i>Note</i>

<i>Red Activities</i>		
<i>Activity</i>	<i>Energy Levels</i>	<i>Note</i>

Appendix 2: My Top 5 Activities - Reflection

<i>My Top 5 Green Activities</i>	
<i>Activities that make me feel most energised:</i>	<i>Strength(s) that I am using during this activity:</i>
<i>1.</i>	
<i>2.</i>	
<i>3.</i>	
<i>4.</i>	
<i>5.</i>	

<i>My Top 5 Red Activities</i>	
<i>Activities that make me feel most depleted:</i>	<i>Strength(s) that I am lacking during this activity:</i>
<i>1.</i>	
<i>2.</i>	
<i>3.</i>	
<i>4.</i>	
<i>5.</i>	