Want to be happier and more effective in your career?

Try this 10 minute exercise:

1. Grab a sheet of paper and draw a line down the middle.

2. Label one column “Energy Creators” and the other “Energy Drainers.”

3. Take some time to think about which activities give you energy and which drain your energy.

For example, does the thought of spending hours tweaking a resume make you want to jump out the window?

Or do you absolutely hate crunching numbers in Excel?

Put ‘em in the Energy Drainers column.

Do conferences and networking events give you energy?

Or does the idea of designing/creating a new process get the juices flowing?

Those go in the Energy Creators column.

When you’re done, fold that paper and keep it in your wallet or snap a picture for your phone.

This is your new compass.

For everything that you do - in your job search, your job, self development, family, etc. - focus on playing into the Energy Creators column.

If tweaking resumes makes you want to pull your hair out, but connecting with people gives you energy - spend less time applying online and more time doing outreach!

If you're not a writer but you love being in front of a camera - scrap the paper resume and try a video instead!

When you play to your strengths, you accelerate your success.