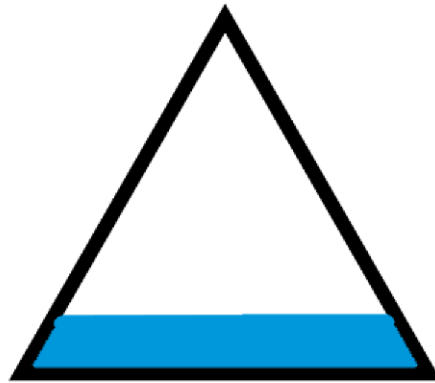
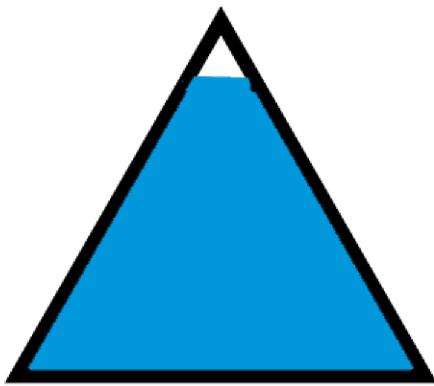




Tools for the *Excelerated* Life

Gains and Drains



Steven Huskey



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GAINS AND DRAINS



Gains and Drains is a tool to build reserves in the different areas of your life to help you move up the hierarchy of needs toward self-actualization and the ***Excelsior Life™***. First, you identify those things that drain your reserves of energy, time, money, security, love, and self-esteem and plug the holes. Then you recognize those activities that add to your reserves and find ways to do more of them.

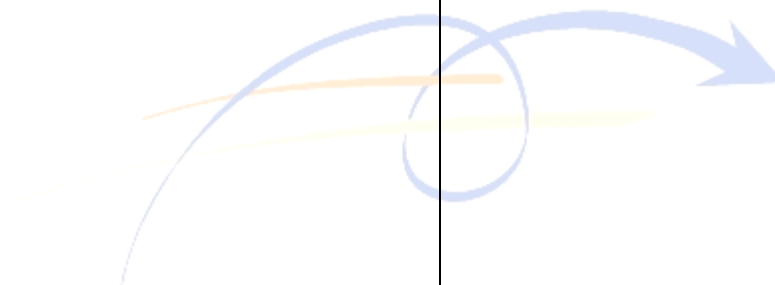
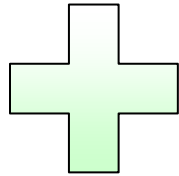
Play *Gains and Drains* anytime you feel your reserves are being drained or are low in one or more of the six areas.

HOW TO PLAY

1. We'll look at each of these resources in turn: energy, time, money, security, love, and self-esteem.
2. Select one of the resources.
3. Under the minus (–) sign, write down three things that use up your selected resource.
4. Under the plus (+) sign, write down three things that increase your selected resource.
5. Select one item from the - side. List ways you can have less or do less of the drainer. Could you eliminate it altogether?
6. Take the actions.
7. Select one item from the + side. List ways you can have more or do more of the gainer.
8. Take the actions.
9. Select the next resource and complete steps 3 through 8.
10. Continue playing until you have increased the gains and eliminated the drains in all six resource areas.

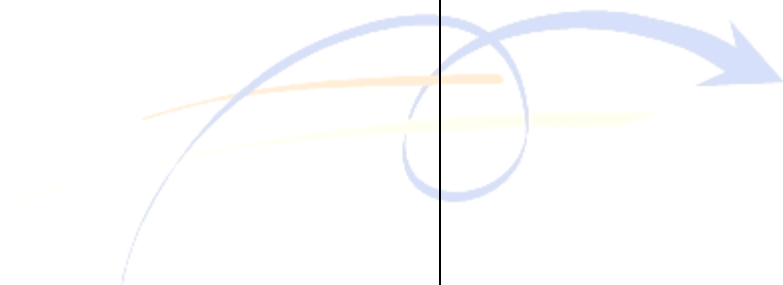
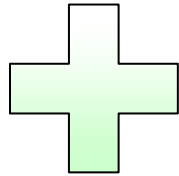
GAINS AND DRAINS

- ENERGY -



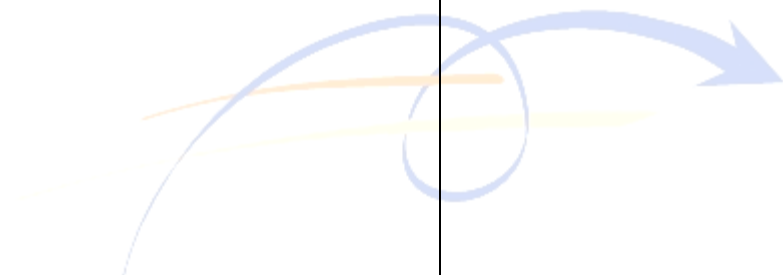
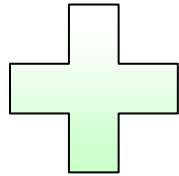
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- TIME -



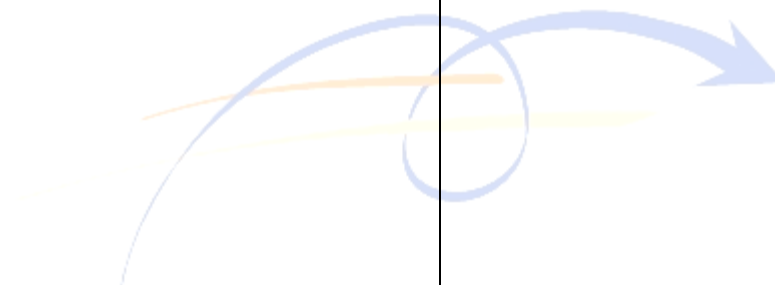
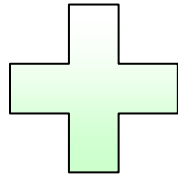
GAINS AND DRAINS

- MONEY -



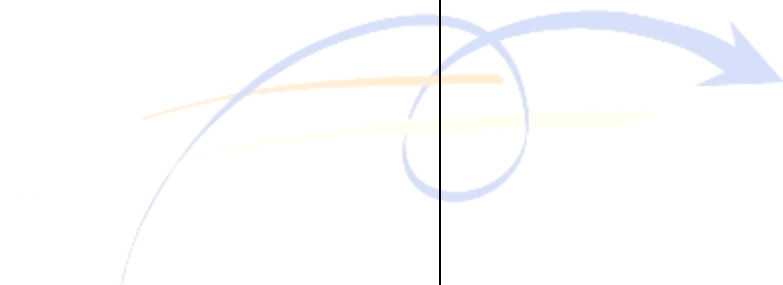
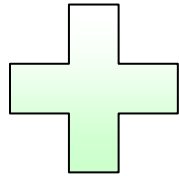
GAINS AND DRAINS

- SECURITY -

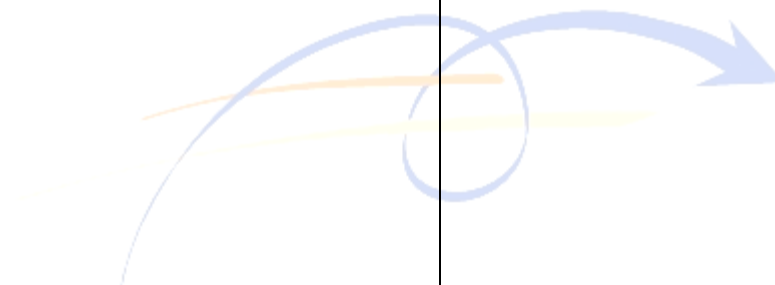
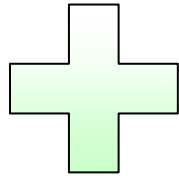


GAINS AND DRAINS

- LOVE -



GAINS AND DRAINS - SELF-ESTEEM -



GAINS AND DRAINS



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