



Your Assets and Liabilities					
My Assets	My Liabilities	What Does it Give Me/	Take Away from Me?	Primary Positive Emotions	Primary Negative Emotions
My job	Also my job!	Money, status, structure and routine.	Time from leisure interests and family.	Pride, sense of security, sense of certainty.	Frustration, sometimes boredom.
My enthusiasm	My lack of assertiveness.	Helps me win allies at work and make friends in my personal life.	Drains my time and energy because I commit to things I should say no to.	Builds my self-esteem.	Makes me feel less powerful.

1. Use the table below. In the first column list all the things you consider to be your assets. Assets can be tangible things (in the case of a business, perhaps an office building; in the case of yourself, perhaps your job) or they can be intangible things ('goodwill' is considered an asset on a company balance sheet, whereas 'my self-confidence' may be a prominent asset on yours).
2. Do the same for liabilities in the second column. You may have the same thing in both columns; in fact, it's normal for many aspects of your life to have both positive and negative sides. Your job may be the best job in the world on some days and feel like a weight around your neck on others.
3. Consider the third column and ask yourself the question, 'What does this thing (asset, liability, or bit of both) give to me and what does it take away from me?' Pay attention to your first instinctive response, even if you are tempted to spend a while balancing up the arguments.
4. In the fourth column, consider what the main feelings or emotions that accompany this asset or liability are for you. If there are both positive and negative emotions, which seems to be the stronger? Don't completely reject the weaker of the two emotions though; list both if they are equally strong.



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Think of yourself and your life as a business, with assets and liabilities. Assets add value and appreciate over the years. Liabilities are those things that come at a cost and tend to deplete you over time. No business runs without liabilities – it's the cost of showing up in the game – but a healthy company is rich in assets and manages its liabilities properly. Some of your assets you already know, because they represent the things that are important to you, your true values, such as the fun and support you get from your friendships, for example. But seeing only the positive side of the balance sheet isn't going to get you where you want to be. The first step in supportive awareness is to start thinking about how your own balance sheet looks, right here, right now. (Activity Courtesy-Jeni Purdie)