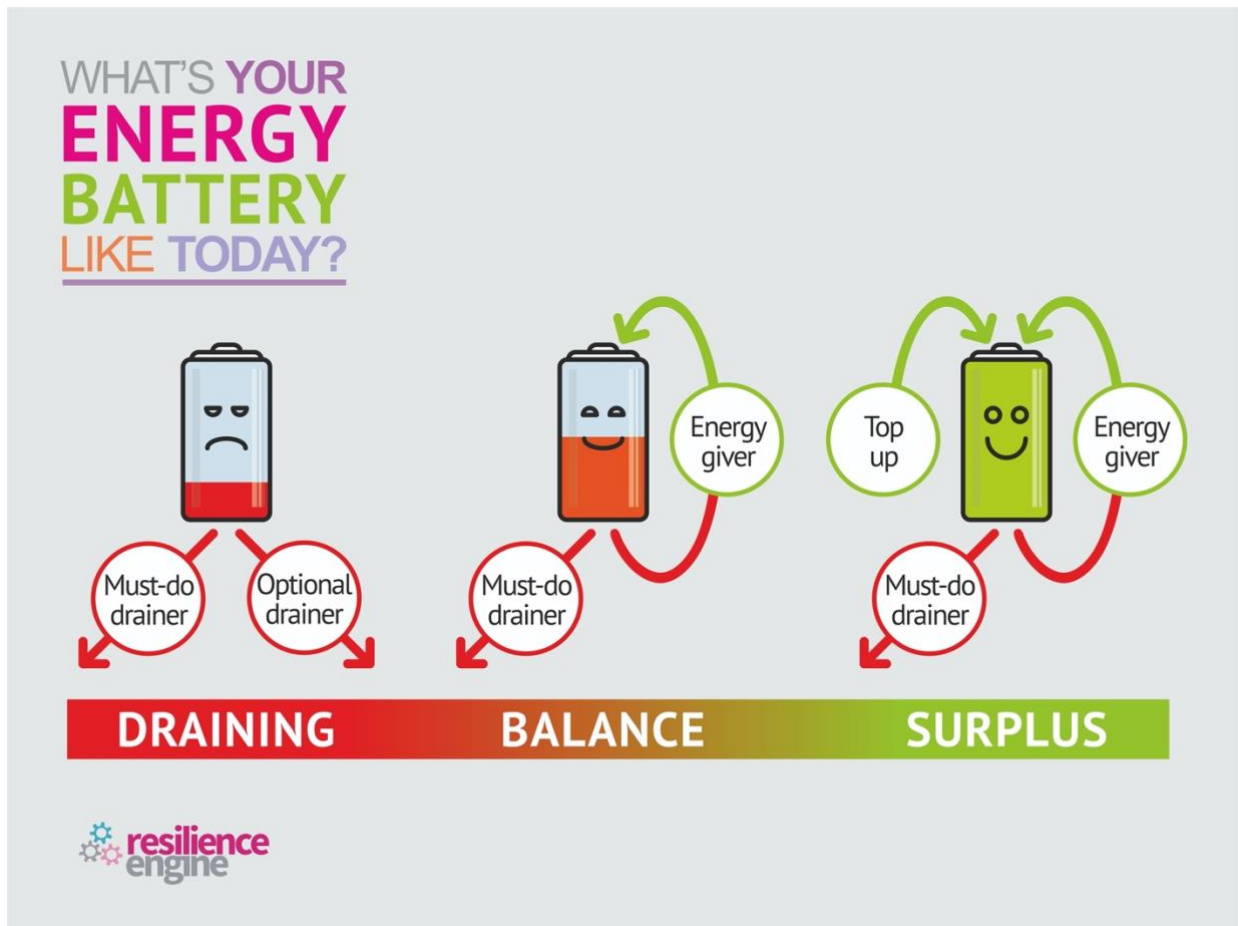


Energy Battery



Draining

You will have 'must-do' tasks that will drain your energy, some of these tasks will cause a greater drain than others. Alongside these 'must-dos' are 'optional drainers', you may be able to pause these, giving you the opportunity to build your energy reserves:

- what are your must-dos?
- what are your optional ones?
- how can you 'say no' to those that are optional to preserve a bit more energy?

Balance

When an 'energy recharge' offsets the 'must-do' drain balance is achieved. In other words, your total energy level stays the same. Consider what builds your energy; Is it taking five minutes out to relax? Or, maybe it's an invigorating walk? Whatever your builders are, think about the balance:

- what do you do that takes energy
- what gives you energy back?

Surplus

In surplus, you have the 'must-do' energy drain being offset by an energy recharge, but the difference that gives a surplus is the addition of an optional energy top up. It may help to think in terms of inputs and outputs:

- what outputs drain your energy?
- what inputs give you energy?
- how could you increase your input?
- what do you do, or would like to do, to give you an additional top up of energy?