

	Things that will drain energy	Things that will help your energy
Work	<ul style="list-style-type: none"> <i>Task switching</i> <i>Screen fatigue</i> <i>Being too sedentary</i> <i>Letting work leak into personal life</i> <i>People pleasing</i> <i>Working in long bouts and not taking rest</i> <i>Leaving open loops</i> <i>Avoiding conflicting conversations</i> <i>Over-committing your schedule</i> <i>Not setting boundaries</i> 	<ul style="list-style-type: none"> <i>Taking regular breaks</i> <i>Movement breaks</i> <i>Healthy challenging work projects</i> <i>Closing loops</i> <i>Prioritization of work tasks</i> <i>Realistic expectations with projects</i> <i>Communication your work needs</i> <i>Managing your work to your energy</i> <i>Taking periods away from work</i> <i>Developing your skill set</i>
You	<ul style="list-style-type: none"> <i>Poor sleep</i> <i>Eating sugary foods first thing</i> <i>Over-caffeinating</i> <i>Abusing alcohol - too much, too frequent</i> <i>Over-training</i> <i>Lack of sex</i> <i>Poor hydration</i> <i>Lack of social connection</i> <i>No personal goals</i> 	<ul style="list-style-type: none"> <i>Eating nutritious foods</i> <i>Having regular eating routine</i> <i>Drinking water regularly throughout the day</i> <i>Physical training</i> <i>Auto-regulating your training to your energy levels</i> <i>Being around inspiring people</i> <i>Laughing with others</i> <i>Having regular sex</i>
Environment	<ul style="list-style-type: none"> <i>Lack of fresh air</i> <i>Messy living environment</i> <i>Regular loud noise</i> <i>Poor sleeping environment</i> <i>Scrolling on socials</i> <i>Over-stimulated by light, especially at night</i> <i>No variety in environment - day trips, holidays</i> 	<ul style="list-style-type: none"> <i>Regularly getting out in fresh air</i> <i>Seeking sunlight as often as possible</i> <i>Having a clean, organized living environment</i> <i>Making your room dark and primed for sleep</i> <i>Social media breaks and detoxes</i> <i>Planning in breaks away</i>
Mental	<ul style="list-style-type: none"> <i>Lack of mental space</i> <i>No personal reflection</i> <i>No appreciation or gratitude</i> <i>Poor personal vision</i> <i>No safe space to communicate emotional and personal needs</i> <i>Waking up and focusing on other people's agendas before yours</i> 	<ul style="list-style-type: none"> <i>Creating mental space for yourself</i> <i>Reflecting on where you're at in life</i> <i>Noticing the things that you appreciate</i> <i>Planning a vision for you to work towards</i> <i>Building or investing in a relationship where you can have a space to fully communicate how you're doing</i> <i>Prioritizing your goals ahead of others</i>

MAXIMISING ENERGY



THINGS THAT WILL DRAIN ENERGY

THINGS THAT WILL HELP YOUR ENERGY

WORK

YOU

ENVIRONMENT

MENTAL

	Delegate	Hand activity back	Minimize	Support / Offset
You	<i>Meal Prep</i>	<i>Not follow other people's eating patterns or poor lifestyle decisions that don't serve your goals</i>	<i>Caffeine intake</i> <i>Fizzy drinks</i> <i>Eating on the go</i> <i>Staying up very late</i>	<i>Cooking / food shop support from family, partner or house mates</i> <i>Organising time to watch inspiring content or have a chat with someone</i>
Work	<i>Ask other team members to help out with a work task</i>	<i>Saying no to certain projects if you're unavailable to complete it</i>	<i>Bringing work home</i> <i>Over-committing on schedules</i>	<i>Ask for support to upskill your abilities to complete a task</i>
Environment	<i>Hire a cleaner or handyman for house maintenance</i>	<i>Ask for your holiday leave time. Contact manager at work and book in schedule</i>	<i>Letting the household get messy</i>	<i>Asking your family member, partner or housemates for help cleaning</i>
Mental		<i>Engaging in information, people or activities that don't serve you</i>	<i>Negative conversations that you listen to</i> <i>Noise in your mind, take time to reflect</i> <i>Work mentally creeping into your personal life by brain dumping</i>	<i>Having a coffee with a close friend to check in</i> <i>Seeing a therapist to check in emotionally with or soundboard personal issues.</i> <i>Seek support on vision - coach, financial planner, career advisor, interior designer</i>

ENERGY SUPPORT SHEET

	DELEGATE	HAND ACTIVITY BACK	MINIMIZE	SUPPORT / OFFSET
YOU				
WORK				
ENVIRONMENT				
MENTAL				

THE ENERGY PINPOINT

RECOVERY PLAN

DAY	1	2	3	4	5	6	7	8	9	10
06:00										
07:00										
08:00										
09:00										
10:00										
11:00										
12:00										

WHEN IS YOUR ENERGY HIGH?

WHEN IS YOUR ENERGY LOW?

WHAT FOODS DO YOU NEED TO EAT MORE OF AND LESS OF TO ENSURE YOU HAVE HIGHER ENERGY LEVELS?

ON THE DAYS YOU HAVE LOWER ENERGY, WHAT IS SLOWING YOU DOWN?

ACROSS THE WEEK, WHERE ARE YOUR AVERAGE ENERGY LEVELS AT?

ON A WORKING DAY, WHEN WILL YOUR REST BE?

WHEN IS YOUR START TIME AND CUT OFF TIME FOR WORK? WHAT WILL YOU DO TO SEPARATE YOUR WORK LIFE FROM PERSONAL LIFE?

HOW OFTEN WILL YOU HAVE REST TIME AND WHAT DO YOU DO DURING YOUR REST TIME?

WHEN WILL YOU TAKE A HOLIDAY OR A DAY TRIP AWAY?

	When I am winning I am...	To stay winning I need to:
Green	<p><i>Confident</i> <i>Wanting to interact more with others</i> <i>Creative</i> <i>High Energy</i> <i>Wanting to push myself</i> <i>Mindful of what I'm eating</i> <i>Planning my days</i> <i>Taking me time</i> <i>Waking up with the day with vision</i> <i>Emotionally stable</i> <i>Performing well in my training</i> <i>Eating well</i></p>	<p><i>Take my energy breaks</i> <i>Keep focused on my training targets</i> <i>Sleep minimum 7x hour per week</i> <i>Having fun 1x per week</i> <i>Catching up with a close friend</i> <i>Meal prepping</i> <i>Practicing gratitude</i></p>
	When I am slipping I am...	To get back winning I need to...
Amber	<p><i>House environment is getting messy</i> <i>Losing touch with loved ones</i> <i>Reaching for caffeine to get through the day</i> <i>Getting more cravings</i> <i>Feeling groggy</i> <i>Lacking compassion for others</i> <i>Self care is slipping</i> <i>Feeling tension</i> <i>Struggle focusing</i> <i>Thinking about work in my personal time</i></p>	<p><i>Take time off</i> <i>Not overly exert myself in training</i> <i>Be compassionate and rest rather than try to work harder</i> <i>Braindump what's on my mind</i></p>
	When I'm burnt out I am...	To get out of the red I need to...
Red	<p><i>Waking up in the middle of the night</i> <i>Lacking compassion for others</i> <i>Bags under my eyes</i> <i>Feeling tension or pain</i> <i>Struggling for energy to train</i> <i>Losing interests in activities</i> <i>Getting sickness</i> <i>Zero patience</i></p>	<p><i>House environment is getting messy</i> <i>Losing touch with loved ones</i></p>

ENERGY ZONES

	WHEN I AM WINNING I AM...	TO STAY WINNING I NEED TO:
GREEN		
	WHEN I AM SLIPPING I AM...	TO GET BACK WINNING I NEED TO...
AMBER		
	WHEN I'M BURNT OUT I AM...	TO GET OUT OF THE RED I NEED TO...
RED		