	Things that will drain energy	Things that will help your energy	
Work	Task switching Screen fatigue Being too sedentary Letting work leak into personal life People pleasing Working in long bouts and not taking rest Leaving open loops Avoiding conflicting conversations Over-committing your schedule Not setting boundaries	Taking regular breaks Movement breaks Healthy challenging work projects Closing loops Prioritization of work tasks Realistic expectations with projects Communication your work needs Managing your work to your energy Taking periods away from work Developing your skill set	
You	Poor sleep Eating sugary foods first thing Over-caffeinating Abusing alcohol - too much, too frequent Over-training Lack of sex Poor hydration Lack of social connection No personal goals	Eating nutritious foods Having regular eating routine Drinking water regularly throughout the day Physical training Auto-regulating your training to your energy levels Being around inspiring people Laughing with others Having regular sex	
Environment	Lack of fresh air Messy living environment Regular loud noise Poor sleeping environment Scrolling on socials Over-stimulated by light, especially at night No variety in environment - day trips, holidays	Regularly getting out in fresh air Seeking sunlight as often as possible Having a clean, organized living environment Making your room dark and primed for sleep Social media breaks and detoxes Planning in breaks away	
Mental	Lack of mental space No personal reflection No appreciation or gratitude Poor personal vision No safe space to communicate emotional and personal needs Waking up and focusing on other people's agendas before yours	Creating mental space for yourself Reflecting on where you're at in life Noticing the things that you appreciate Planning a vision for you to work towards Building or investing in a relationship where you can have a space to fully communicate how you're doing	

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

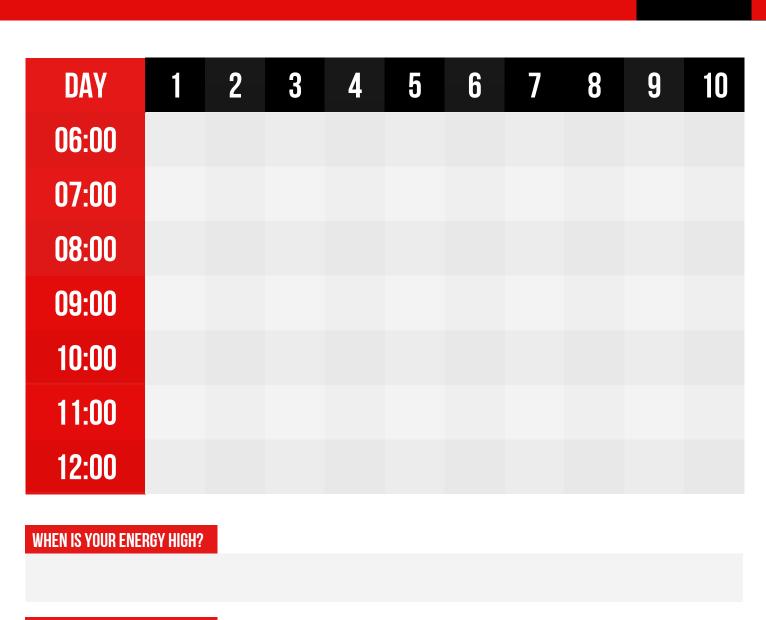
ENERGY SUPPORT SHEET

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

THE ENERGY PINPOINT

RECOVERY PLAN

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 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?

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

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		