



LA & Associates

# Energy Management

*Leadership is not what you do, it's who you become.*

**Paradigm Shift:** It not time management, it's energy management that fuels contributes to " " peak performance.

*The amount of energy you have, renew energy reserves and the intensity at which you use your energy can be managed.*

## **Today we are a nation of:**

- Running on empty, no propane in the tank, no charge left in the battery
- Drink coffee to jump start our mornings and then again throughout the day
- Grab sugary snacks for that short term boost of energy
- Sleeping aides to sleep through the night
- Gerbils running on the never ending treadmill

## **Signs and Symptoms of Depleted Energy: (Why you need to renew your energy)**

- Lack of focus
- Irritability
- Increase in number of mistakes and accidents
- Declining health
- Decreased creativity
- Declining productivity
- Lack of adequate sleep



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# Leadership Management

*Leadership is not what you do, it's who you become.*

## **Suggestions to Renew Physical Energy:**

- Exercise (hormones that are released give energy)
  - Healthy eating habits
  - Protein snacks throughout the day
  - Take a break every , go for a short walk or do an enjoyable activity
- Drink water, carry a water bottle
- Sleep

## **Suggestions to Renew Emotional Energy:**

- Hobby, find and participate in enjoyable activities
- Vacations
- Time away from work
- Remember and give life to dreams you had from the past

## **Suggestion to Renew Mental Energy:**

- Learn to manage and cope with emotional stressors
- Share emotions with your support system
- Adopt positive habits for stressful moments

*If you are more energetic, mentally healthier and emotionally happy, you will attract more of what you want in your life and*