



RECLAIM YOUR ENERGY

THE RESILIENCE STARTER KIT



MASTERCOURSE IN RESILIENCE

EXPLORING YOUR ENERGY BANK

Aim of this exercise:

To clarify and identify your current energy resources and energy drains.

A second aim is to help you create an action plan to balance your energy bank if your bank is overdrawn.

Instructions:

This exercise is designed in 2 parts:

Part 1 entails exploring your current energy reserves in various areas of your life.

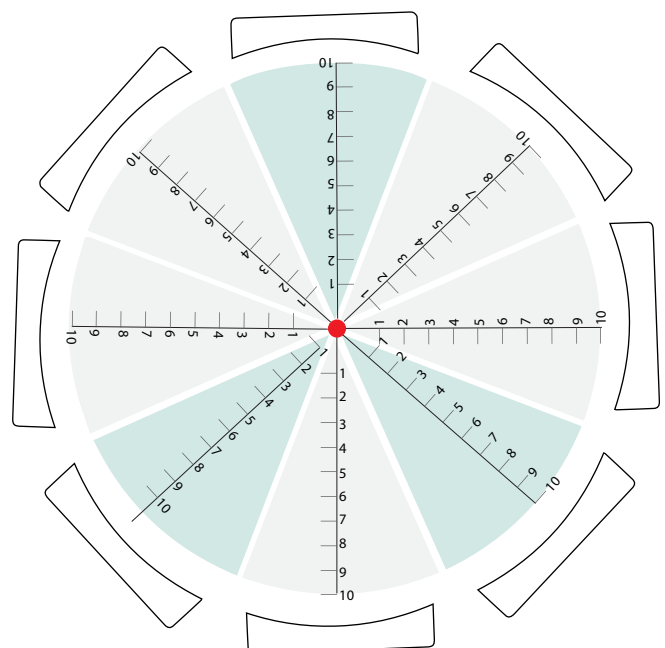
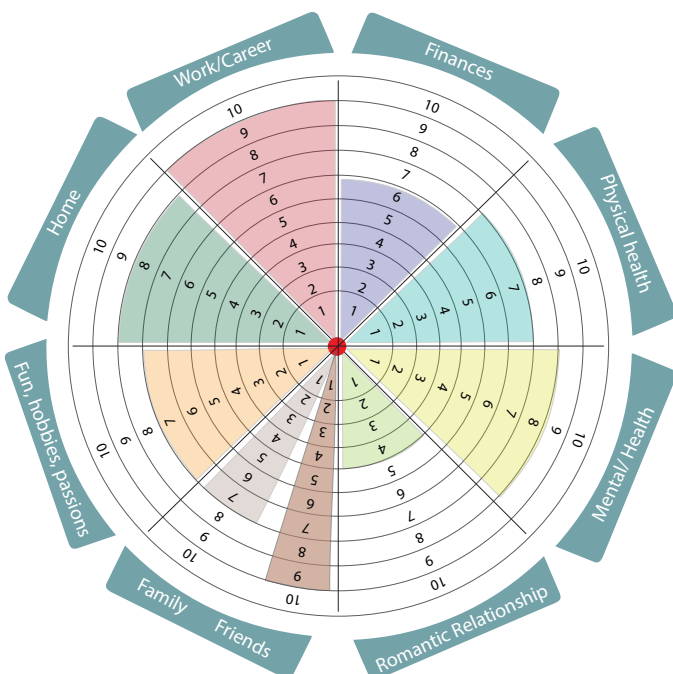
Part 2 is about observing what areas are creating the credits and the debits. I recommend that you print out the diagrams, and also keep some colored pens or markers with you.

PART 1:

IDENTIFYING AND MARKING DEPOSITS IN YOUR ENERGY BANK.

STEP 1: Take a look at the sample wheel to make a mental note of all important areas of your life. Think of areas that you might be spending a significant chunk of time on, and any areas that might be being neglected. Please don't limit yourself to the examples here. Take an honest look and choose any areas are the most important to you, as an individual.

STEP 2: Using the exercise diagram, mark the sections of the circle with the areas of your life. A pie slice can be divided into two or more sub-sections if needed. Just draw a line from the center of the circle, and divide the pie section. Use this in the way that feels most right for you. For example: Family may include spouse/ romantic life and kids, or they may be two separate areas and take two different slices of the pie. Do what works for you. For example: Family could be divided into two smaller "pie slices" one side being spouse, other side being kids (own family/ extended in-laws).



STEP 3: This is the fun part. Using the sample diagram, mark each section of the circle as appropriate. Start with one section or area at a time, and reflect on this question.

On a scale from 1-10, how many energy deposit points do I get from this area of my life?

For Example

"on a scale from 1-10, 10 being the most, how many energy deposit points do I get from my immediate family?"

Once you have a number in mind, you will draw a line across that pie slice to mark a little semi-circle within the section. Note that number 1 is from the inside point of the circle and number 10 is the outer edge of the slice of pie. You can think of the numbers in terms of size as well- one being the pointy edge of the slice, and the 10 being the big crust. Take a moment to mark the number, and use a different color pen for each section. It makes each section stand out so you can notice what's going on, a lot more easily.

Go through all the areas, and mark each one individually on the pie. By the time you go all the way around, you will have a "pie within the pie." Color in the spaces that represent the deposits with any color of your choice. Be creative, and use different colours if you like. Any part of the scale that's not inside this marked number (the semi-circle), make sure to leave blank. For example, if you said an area is a "6" then color in up to where you marked the "6," but leave the "4" points on the outside blank. (we will see why in a moment).

PART 2: OBSERVATIONS.

What jumped out at you in the last section of the exercise? How does your circle look? Is it balanced, or kind of disproportionate and wonky? One area may give you 6 deposits and another 4, and that's ok. It's very important to 'see' this visually, as this perspective gives you something amazing; choice (you will see why later). What's even more important is to remember that the remainder that's blank is representing your energy debits in that area.

These points represent the amount of energy being withdrawn from your Energy Bank.

Now that you've made your initial observations, it's time to look a bit deeper. This next step is about really exploring what's giving you energy what's maybe draining your energy more than you would like. At times, things that are really important become an energy drain; it happens. This step is NOT about judgement, it's about OBSERVATION. Noticing what's happening is sometimes just as important as doing something about it.

Step 4: Bring your attention to each area of your life, one at a time. Write down the number of credit points, as well as the number of debit points. You will use the number of credits to determine the number of debits. Remember, the scale for each area is from 1-10. So, if an area has 8 credits, then it naturally has 2 debits. Create the total number out of 80 (for the 8 sections) or if you divide the sections even further, than make sure to use the same scale for each sub-section. The number of overall sections will increase. Another way to ask the question is, from **1-10, how many points of energy is this area bringing to my life, and how many points of energy is it currently taking away from me?**

• What do I see, hear, feel, and experience that tells me this?

(you're making an observation as to how you know why the area has so many debits, or credits).

STEP 5: BALANCING THE ENERGY.

What awareness did you gain from the previous step? Is your Energy Bank running an even balance of credit and debit or is one side tipping over? If you have lots of energy reserves, that's great. It may be time to think about utilizing this energy towards a deeper purpose.

However, if your Energy Bank is running on empty, or the withdrawals are very high, then now is the time to take a little bit of conscious control. This step is crucial especially if you have a high withdrawal number.

Look at your table. Notice the 1 or 2 areas that are draining your energy the most. Now notice which areas are helping you replenish your energy. Keep these areas in mind as you answer the questions below. This step is about noticing where you can be proactive in increasing your overall energy reserves.

1. What are the areas that really help me to replenish my energy? How do they do this? What actions do I take in these areas?

2. What are the areas that drain my energy the most? What am I doing in these areas, that's causing this drain? (hint: think about repetitive thoughts or actions that aren't working for you)

3. What's in my control regarding these areas that are draining my energy?

For Example

Constantly thinking about how to fix it. Not saying no. working overtime on every detail.

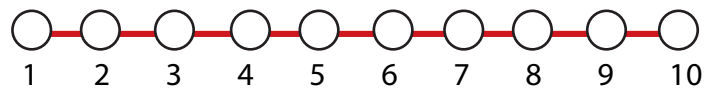
4. What are 3 actions I can take to reduce the energy drain in this area?

1. _____

2. _____

3. _____

5. On a scale from 1-10, how realistic is this?



Completely unrealistic

100% Realistic

If below a 7, then go to the next question. If 7 or above, go to question 8

6. If it's not realistic to reduce the energy drain in these areas right now, in which other area(s) might I be able to increase my energy deposits so that my overall bank balance becomes healthier?

7. What 3 actions might I take to do this?

1. _____

2. _____

3. _____

8. Which action will I do first? When will I begin?

9. Now that I know that I can reduce my energy drain in this/these areas, which action am I willing to commit to right now?

10. How might I stay on track? Who can help me?

FOLLOW UP AND SUMMARY

I'm sure that you've chosen an action to take- whether it's reducing the energy drain, or doing something to boost it elsewhere, this exercise is all about noticing that you have a choice!

Come back to this exercise in a week's time. Go through your circle and examine how the numbers have shifted. Taking any new action will shift your energy balance. You may notice that your overall reserve feels healthier than before!

Revert back to this exercise any time you're feeling especially tired, or unable to bounce back from a difficult patch. This awareness can help you get back on track this is a tool to build resilience after all!

- We discussed that the brain keeps us alive by anticipating our needs and preparing for them
- We talked about the fact that everything in life requires energy
- We explored how to take stock of your Energy Bank as it stands now
- You explored what causes depletions in your energy and what replenishes it
- You got to choose actions that you can take to help get your Energy Bank to a healthier level in order to be at your best

During your time studying this course, you may have come up with a question or faced a challenge that you'd like to overcome. If so, let's talk one to one. Schedule a call with me on <https://makelifehappen.com/contact>