MANAGING ENERGY
SECTION SUMMARY

Your time is irreplaceable. And when you consider the notion of "quality time," your energy modalities (personal, interpersonal and universal) become visible priorities.

Managing Energy is also far from isolated to a single aspect of Z-isms. It's as pervasive and pertinent as mindset, gratitude, Earned Confidence, mindfulness and purpose.

As referenced, it's a combination of being physically energized, mentally focused, emotionally connected and – in a certain sense - spiritually aligned. As we discussed about Mood Health, our energy levels have a lot to do with our physical activity and conditioning along with getting enough sleep to stay sharp and fuel our bodies by eating right and staying hydrated. It's also important to be proactive to minimize any unnecessary stress, which is usually self-inflicted.

There's some tough love here. Choose right now to be a crucial moment to redefine your life priorities. How badly do you want your quality of life to be even the slightest bit better?

Alright, this is beginning to sound a bit intense, so let's keep it simple and practical. Harnessing your personal energy begins with heightening self-awareness throughout the day and making possible adjustments. It can be especially hard when you're too busy to pick your head up. Setting alerts every hour or two is a good way to improve and recognize when your gas tank is near empty. At the onset when making your To Do lists, consider rating which tasks take more energy and others that are more mindless.

Recognizing energy drains is often more obvious. Are you worried or anxious about something? What, if anything, is weighing on you? Are in conflict with anyone? Can you realize the true toll anything is having on you? As you tune into these forces, you'll be able to change their frequency *and* frequency.

DAY 12 Activities

- Managing Energy Video
- Managing Energy Section Summary (you are here)
- Energy Management Quiz
- Time-to-Energy Shifter

DAY 13 Activities

- Interpersonal Alerter
- Assumption Stopper

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