



WELCOME TO YOUR  
**ENERGY MOT**®

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**Gain 'in the moment'  
awareness of your energy  
levels**

**Reflect on how you are  
fueling your five types of  
energy**

**Examine common energy-  
depleting mindsets and ways  
to overcome them**

**Identify practical recharge  
practices to build into your day  
to regulate your energy**

***How is your energy?***

***How has your energy been over the last month?***

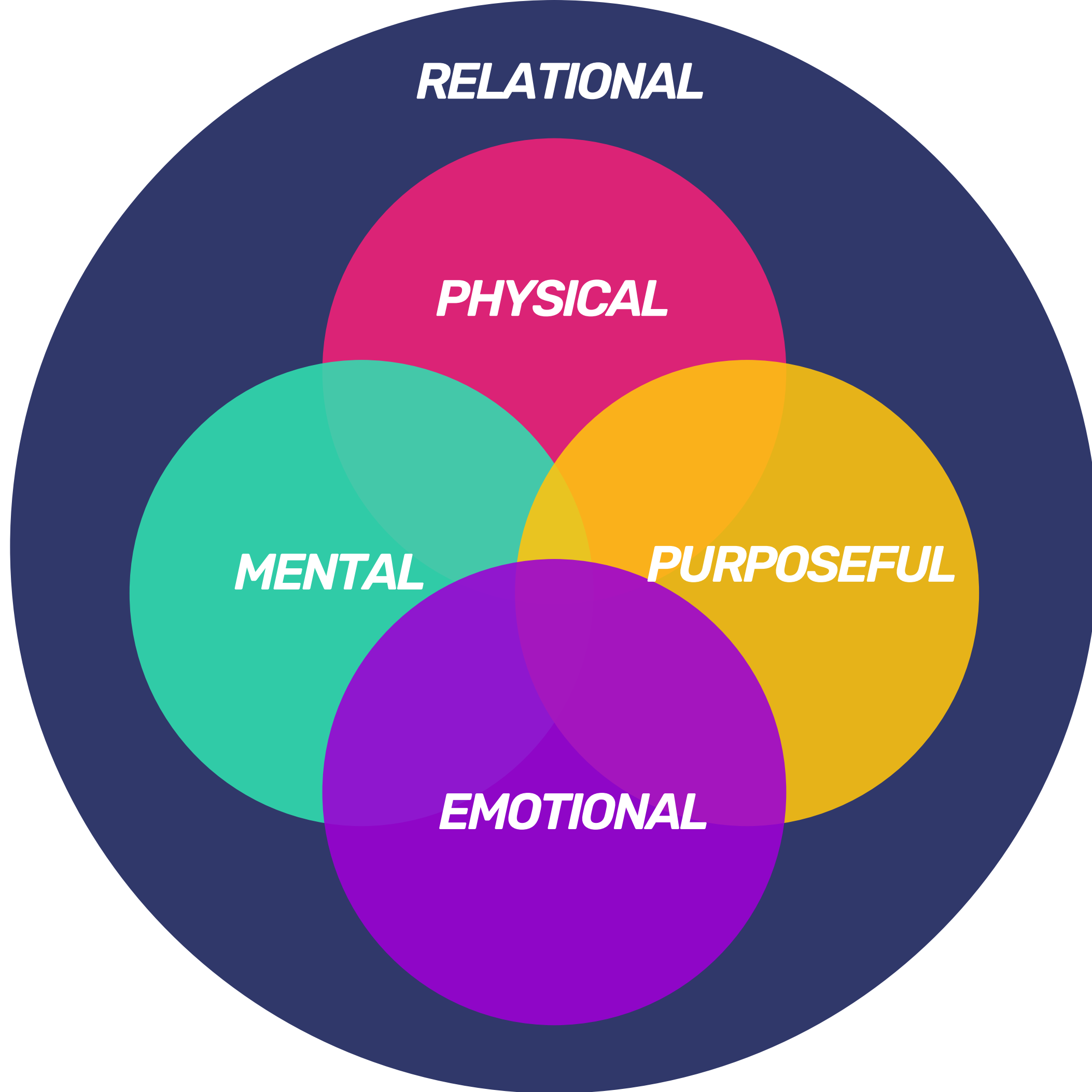
# ***QUICK COHERENCE TECHNIQUE***

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Focus	Focus your attention in the area of the heart
Imagine	Imagine your breath is flowing in and out of your heart area, breathing a little slower and deeper than usual
Experience	Make a sincere attempt to experience a renewing emotion, such as appreciation for something or someone in your life

# ENERGY IS EVERYTHING

- Good indicator for health and wellbeing
- We need energy to LIVE the life we want
- We need energy to BE the person we want to be
- We need energy to SEE the world the way we want to see it



# *PHYSICAL ENERGY*

- Eat and drink for energy
- The more you interrupt sitting with movement, the better
- Sleep is your 21<sup>st</sup> century superpower

# MENTAL ENERGY

- Your brain needs a lot of energy relative to its size
- Multi-tasking drains energy
- Interruptions block flow – which is a highly energising and optimal state



# *EMOTIONAL ENERGY*

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- Emotions impact our physiology
- Chronic, low level depleting emotions have the biggest impact on energy
- Renewing emotions – awe, appreciation, gratitude, compassion, curiosity....

# PURPOSEFUL ENERGY

- Alignment with our values, beliefs and priorities
- More personalised than the other types of energy
- *Having* a purpose isn't the same as the *feeling* of purpose

# *RELATIONAL ENERGY*

- Moments of connection can be energising and restorative
- Our energy is more contagious than we think!
- Energy vampires?

# YOUR ENERGY MOT® RESULTS

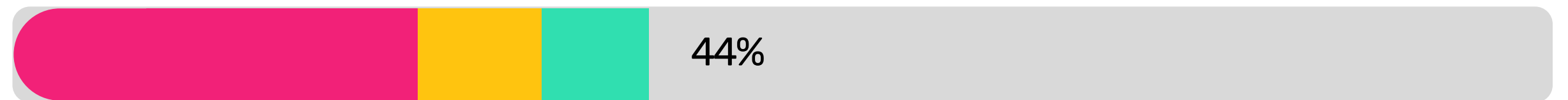
## CATEGORY

## AVERAGE SCORES

Overall Score



Physical Energy



Mental Energy



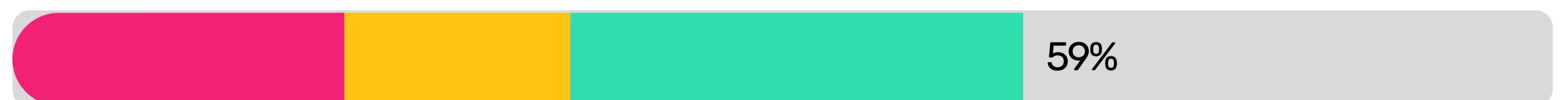
Emotional Energy



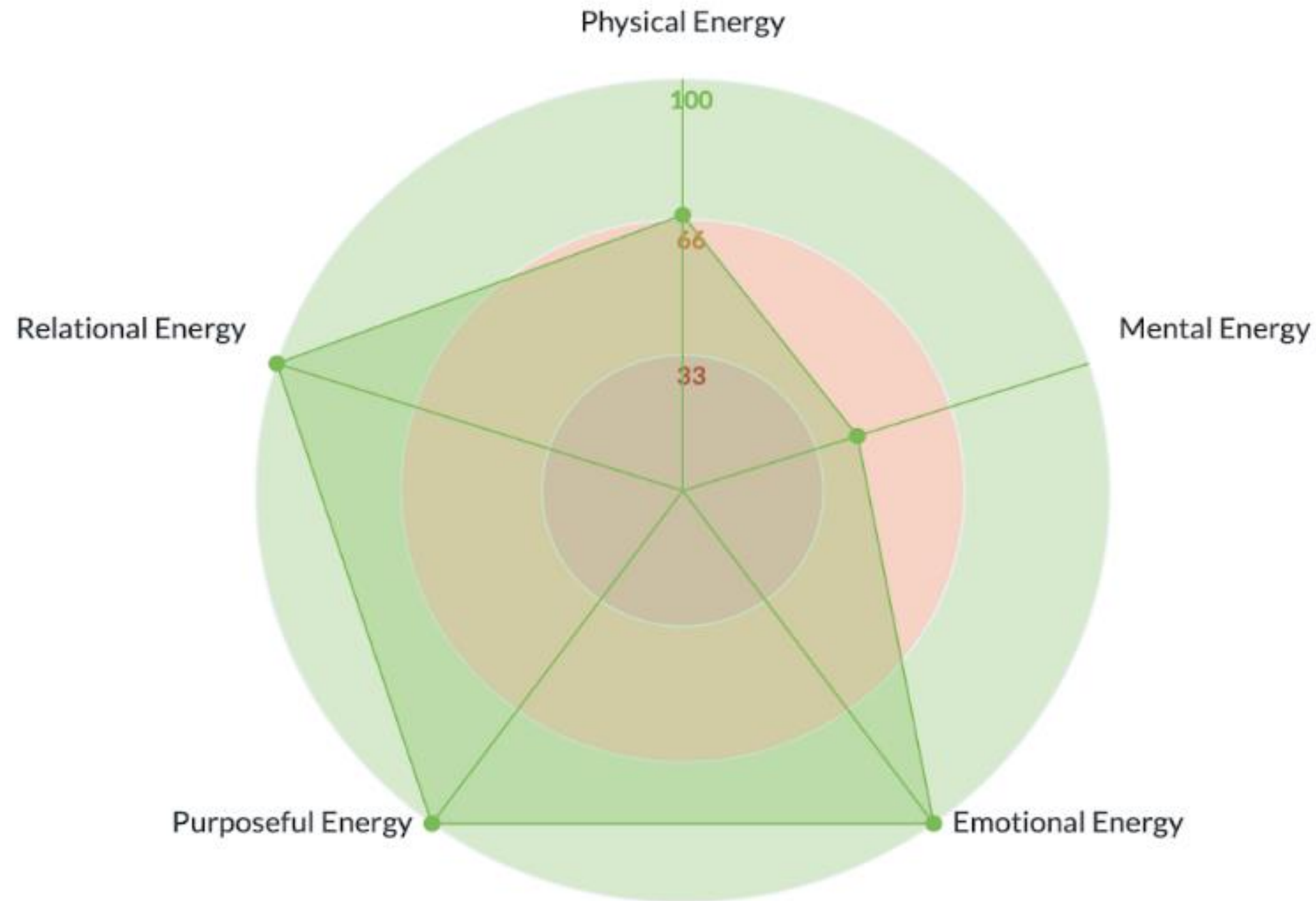
Purposeful Energy



Relational Energy



# IT'S ABOUT THE STORY NOT THE SCORE



# ***MINDSHIFT 1 – EMBRACE SMALL CHANGES***

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From:

- It's all or nothing for me – I need a complete reset or overhaul otherwise what's the point?

To:

- Making small changes over time is more important for long-term energy and wellbeing

# MINDSHIFT 2 – EMBRACE OPTIMALISM

From:

- Now is not the right time to start – I'm too busy/tired.

To:

- I know there will never be an ideal time to make changes. Life will always be messy. So, I'll optimise each day, given the constraints I have

# *MINDSHIFT 3 – EMBRACE RECOVERY*

From:

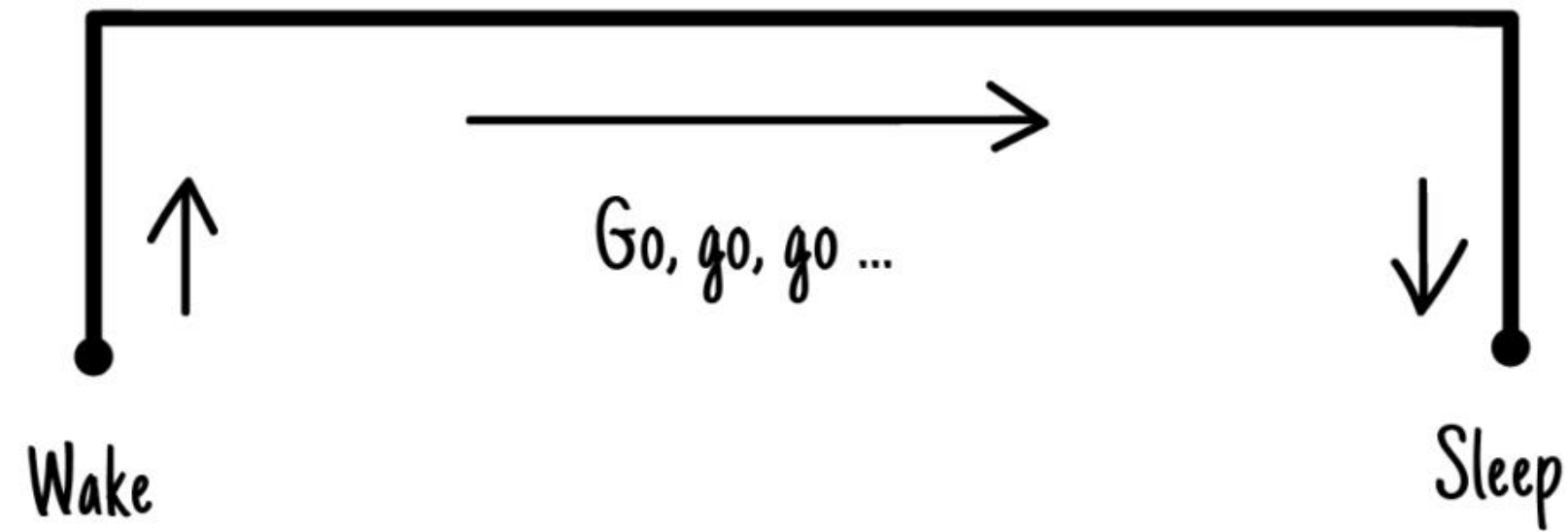
- Rest and recovery gets in the way of my efficiency and effectiveness

To:

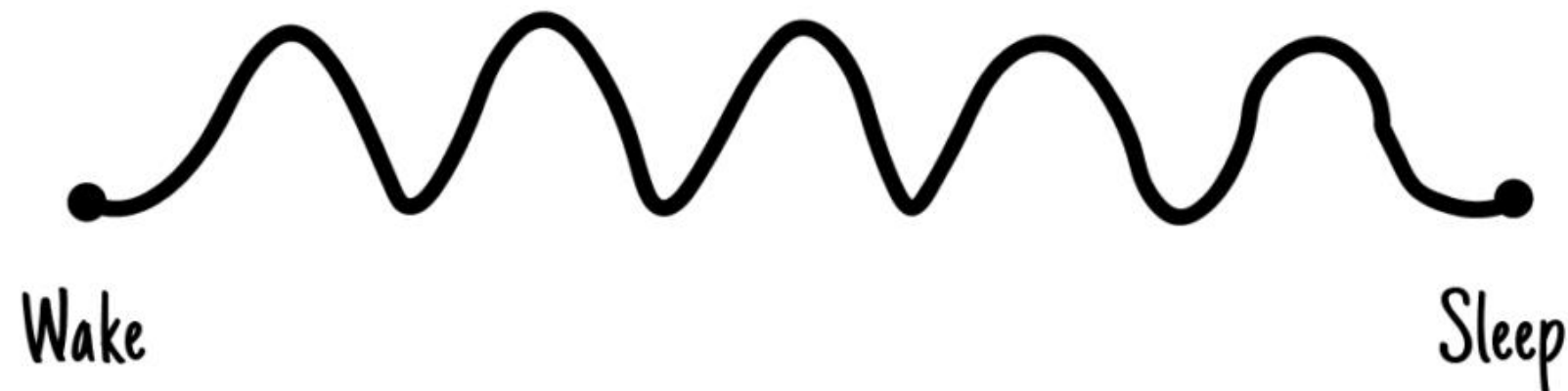
- Rest and recovery are vital to not only my health and wellbeing but my performance too



## How We've Been Told We're Supposed to Work



## How We Actually Work



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# *A LIFE OF ENERGY MEANS A DAILY COMMITMENT*

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I commit to maximising my energy by honouring rest, renewal and rhythm.

I commit to living each day by prioritising what matters most and remembering that I am a human being, not a human doing.

I commit to creating a life filled with moments to appreciate, savour and cherish.

I commit to living and working in tune with my energy so that I can show up as my best self in all that I do

# *ACTION PLAN*

- Pick the zone of energy you would you most like to boost
- Come up with ideas for practical recharge activities for that zone
- Pick your favourite and make it specific

***“How we spend our days is of course how  
we spend our lives”***

***– Annie Dillard***