



PENNY HOLBURN COACHING

It's about You and Results

What is Exhausting You?

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Energy is one of our most important resources. We don't have unlimited energy. Some people may look like they have, but no one has energy for everything and then still to spare. And so, if energy is an important resource - and it is because without it you can't get anything done - then you need to look at how you are using your energy. Like all resources you can use it wisely or foolishly. You can use it on activities that are important to you or activities that are of no value to you at the end of the day. And the great part is, you get to choose how you spend your energy. If you have thus far, spent your life doing whatever comes along, then take some time to think about what you are spending your energy doing, and consider whether it is something you do in fact want to be spending your energy on. And then of course you want to take out some time to check that you do not spend most of your day on tasks that exhaust your energy supplies.

What drains your energy?

So ask yourself: "What drains my energy"? Some common things are: unfinished tasks; clutter in your office or home; medical check ups and other necessary appointments you keep putting off; maintenance that does not get done; problems you ignore and leave unresolved; people who are taking up your time unnecessarily with endless problems; a conversation you need to have with someone that you keep putting off; a relationship that needs to be ended; etc. Think about what drains your energy and write it down. To do this you can just think of how you feel after certain activities. Some people tell me that just sitting around all day drains their energy. This is true for a lot of people. The wrong foods as well as the wrong people can also drain your energy. Write down your list of what drains your energy.

Now you need to act. Get rid of what drains your energy if you can. If you cannot then limit the amount of time you need to spend on that activity, with ideally the ultimate aim being to get rid of it totally.



What gives you energy?

Some activities will energise you. They will make you feel engaged when doing them and good afterwards. Write down some of the things that give you energy. Ask yourself: "What gives me energy"? Some typical responses folks give include: spending time with people who care about me; engaging in my favourite hobby; turning off the phone and computer and other technological devices; exercising; dancing; eating well; having some down time; becoming fully engaged in a task; completing my to-do list; having a great conversation; etc. Now think about what gives you energy. You know what you feel like when you feel drained of energy. Now imagine the opposite state (which is energetic and not to be confused with manic. When you are manic you have energy and you do really stupid stuff which gets you into trouble or harms others. When you are energetic you are busy with useful stuff that helps you achieve your goals). What are the activities that lead to you feeling energetic? Write them down.



Now make some changes

Make a list of the top 5 things that drain your energy and plan how to eliminate them from your day to day life. Then do these. Give yourself a date by when you will be completed. Then make a list of 5 things that will help you increase your energy levels. Similarly, give yourself a date by when you will start implementing these, and then do it.

Apart from feeling a whole lot more energetic, and less stressed and tired, you will also be spending more time on what you want and love to do. And what can be better than that.