



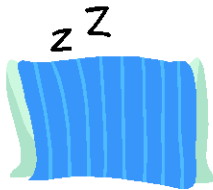
monthly culture conversation

BE
EXTRAORDINARY
TOGETHER.

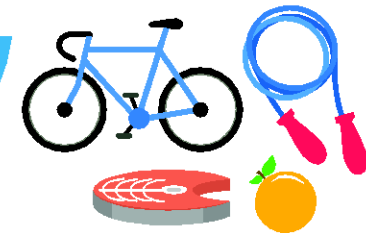
Energy



What patterns or themes have I noticed about my own personal energy and my moods?



Physical | +
-



+
-

Mental

Emotional | +
-



+
-

Inspirational | +
-



Which source of energy have I been focusing on and how has it affected me?

Energy Assignment

understand the concept



Do you ever feel like you don't have enough energy throughout the day? Are there times you wished you had more energy? Everyone needs energy every day, both at work and at home, to get things done. If you're like most people, sometimes you feel like you have a lot of energy; other times, you feel like you could use more.

Even though energy is invisible to us, we each have a built-in indicator (our feelings/moods) that tells us when we have enough and when we don't. In these very demanding times, at work and in life, we each need to be more

aware of our energy. Being more aware of our energy levels lets us know when we have enough to do more and when we have a shortage and need to slow down, rest, and rebuild our reserves.

Experts say that there are four sources of energy: mental, physical, emotional and inspirational. Doing a personal inventory of these four sources will give you an idea of what you need to pay attention to in order to have even more personal energy when you need it.

reflect



- ***What people in your life and things you do will tend to generate positive energy in you? What things drain your energy?***
- ***How will creating more positive energy benefit you and your team?***

practice

- **PAY ATTENTION TO WHEN YOU FEEL ENERGIZED AND WHEN YOU DON'T—YOUR MOODS ARE A GOOD INDICATOR. NOTICE ANY PATTERNS OR THEMES.**
- **LOOK AT THE INFOGRAPHIC AND DETERMINE WHICH OF THE FOUR SOURCES OF ENERGY YOU NEED TO FOCUS ON THE MOST. PRACTICE FOCUSING ON THIS SOURCE AND BE AWARE OF HOW IT AFFECTS YOUR ENERGY.**