

## Energy in vs. energy out

The following exercise has been created to help you assess what your energy meter reading is.

Everyday we are constantly giving out energy. However there are many tasks that we complete that do the opposite and actually energize us. The trick is to find a happy balance between giving energy tasks and receiving energy tasks throughout the day. Once you become aware of what is a giving or receiving energy task you can proactively balance your day. Perhaps even stopping a giving activity to swap it out for a receiving one.

To evaluate your energy flow, follow these steps:

Daily activity	Energy out -	Energy in +
1) Wake up, get out of bed and make tea		+
2) Unpack the dishwasher	-	
3)		
4)		
5)		

1) Write down every activity you do from the minute you wake up to the minute you go to sleep at night. It will be a long list, but it is important to be detailed in the exercise.

2) Then ask yourself if that particular activity takes energy away from you or gives you energy. This is a mindful exercise, so the task may seem to use energy, but the question is more about how you feel when performing that task? For example – making tea can be seen as a positive energy giving task, but emptying the dishwasher can be draining.

3) Once you have completed this exercise, tally up the columns and see how many energy out and energy in tasks you have.

- Which column is more dominant?
- What will you put in place to balance these out?
- What influence do you have over creating this balance?
- What resources do you need to make the change?
- Who would support you in this shift?

NOTE – It's all in the mindset. How you approach each task and what each task means to you. E.g. cleaning, shopping and other such activities could be seen as energy out, however if your view going into the exercise is focused around the end result of having a beautifully clean and hygienic home or a fridge or pantry full of delicious and healthy food then the task could be an energy receiving exercises.