**RENERGIZE ACTIVITY**

**Step 1- Find your one activity that energizes you, drains you.**

Over the course of the day (or week) try taking your “energy pulse”: check your emotions (how you are feeling) and your physical state (what your body is doing) to determine which zone you are in: performance, survival, burnout, or recovery. Notice what your predominate feelings are and categorize accordingly.

Negative Energy

Positive energy

Low energy

High energy

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| --- | --- | --- |
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**Step 2- Commit to one/two activities that energizes you, schedule it in your day and tick in the appropriate column across the week. Observe how it changes your week -**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Activity  1 | Energy meter | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  | **High** |  |  |  |  |  |  |  |
| **Moderate** |  |  |  |  |  |  |  |
| **Low** |  |  |  |  |  |  |  |
| Activity  2 | Energy meter | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  | **High** |  |  |  |  |  |  |  |
| **Moderate** |  |  |  |  |  |  |  |
| **Low** |  |  |  |  |  |  |  |

**Step 3- Commit to one activity that energizes you, schedule it in your day and reflect on the following -**

Reflect on the activities that leave you feeling energized/two that leaves you drained. Put yourself back in the moment and describe your environment. Use the table below to understand how these activities fill you up.

|  |  |  |
| --- | --- | --- |
| Activities | Energizes | Drains |
| Physical - What physical sensations are present? How much more energy do you have available? |  |  |
| Mental- What is the quality of your focus? To what extent are you fully engaged? |  |  |
| Emotional- What are you feeling (quality and intensity of your emotional experience)? |  |  |
| Social- How connected to others do you feel? |  |  |
| Spiritual - How important is what you are doing to you? What value or belief is at play? |  |  |