

Step 1 - Your Daily Energy

Exercise - Your Daily Energy Calendar

The result of this practice is to *purposefully* add things into your days and weeks, at home and at work, that build and maintain your energy. And bring balance and JOY! It's so easy to get busy and go without things that bring us fun and lightness and renewal. Build them into your calendar.

Part 1 - Brainstorm

Give yourself at least 15 minutes and Brainstorm. Write as much as you can without editing or judging, the goal is to get as much out of your head and onto paper as possible. Let the following questions be guidelines to lead you into flowing the answers out onto the page:

- What do you love to do? What do you enjoy? This could be "Peak" life experience, or reading the Sunday paper with a cup of coffee...
- What brings you joy, rest, peace, energy and revitalization?
- What parts of life and work are "easy"?
- What lights you up at home?
- What do you like most about work?
- What do you love most about being on holiday?
- What in your life brings you the greatest joy, connection and experiences of being in-the-moment?

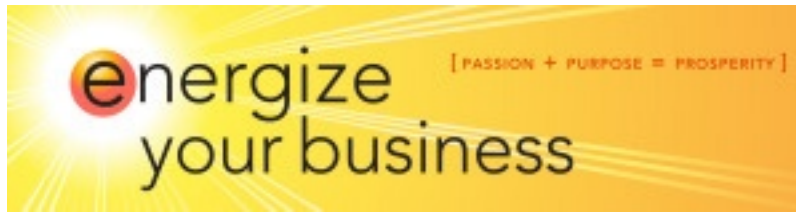
Part 2 - New Point of View

Use your writing from Part 1 and fill out the table on page 3. This may give you a new point of view. Please write out responses to the following questions when you're done:

- What do you notice?
- What do you feel?
- Do you want more or these things?
- Do you already feel that it might be more likely to have these things in your life, now that they are clearly in writing in front of you?

Part 3 - Designing Your Daily Energy Calendar

Print page 4, *Your Daily Energy Calendar*, and look at how, when and where you can add pieces from Parts 1 and 2 into your days and into a week. Carry this with you. Make copies and post



one on your fridge, one at work and carry one on you. Enjoy the new practice and growing habit of caring for yourself and your energy. How does it feel to see yourself adding these things in?

Part 4 - Flow

Think about the flow of your day. Is your day built around work and the “things you need to do?” Or does your work and “the things you need to do” fit into a day that is designed by you and for you?

- How do you begin your day?
- How do you take “time outs” during the day?
- How do you end your day?

Review:

After you design your first weekly calendar, can you already feel more energy flowing within you?

Do you feel the lightness and clarity that come from this practice?

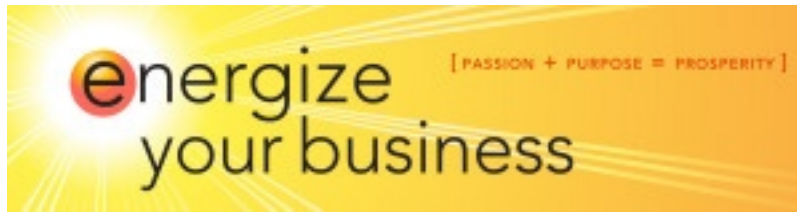
After you’ve tried this out for a week or two, go back and see what you notice about your energy, enjoyment and your emotions and feelings. Has anyone else commented on what they’ve seen?

If you notice anything or want a little help with this, please let me know. There will be teleclasses and groups on all the different Steps in the book so you can share your experience and hear what other people are experiencing. If you’d prefer, we can also set up a One-on-One session. Please refer back to the website for information on these opportunities:

www.earthandlight.com



| Category | What do you love? What do you enjoy? What is easy? |
|----------------|----------------------------------------------------|
| Physical | |
| Mental | |
| Social | |
| Relational | |
| Spiritual | |
| Travel | |
| Work/Business | |
| Creative/Hobby | |
| Family | |



Your Daily Energy Calendar

| Day | Activity and Time | Activity and Time | Activity and Time |
|---------------|-------------------|---------------------------|----------------------------------------|
| Ex: Wednesday | Yoga 9-10:30 | Lunch w/ Spouse 1-2:30 | Meditation before going home 5-5:30 |
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Sunday | | | |