

ENERGIZE YOUR LIFE: THE ART OF PROTECTING YOUR ENERGY

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“Try to be a rainbow in someone else’s cloud.”
— Maya Angelou

Agenda

- Understanding what drains your energy.
- Explore the art of setting boundaries to prioritize self-care without guilt.
- Discover self-audit techniques to identify energy-draining and energy-boosting activities.
- Develop a personalized self-care routine to recharge your mind, body, and spirit.



The ripple effect of positive energy

Consider the impact of a smile, a kind word, or a supportive gesture. These small acts of positivity create a ripple effect, touching the lives of those around us.

However, to share positivity, we must first possess it within ourselves. By protecting our energy, we cultivate a wellspring of positivity that can be shared generously, making our interactions more meaningful and impactful.



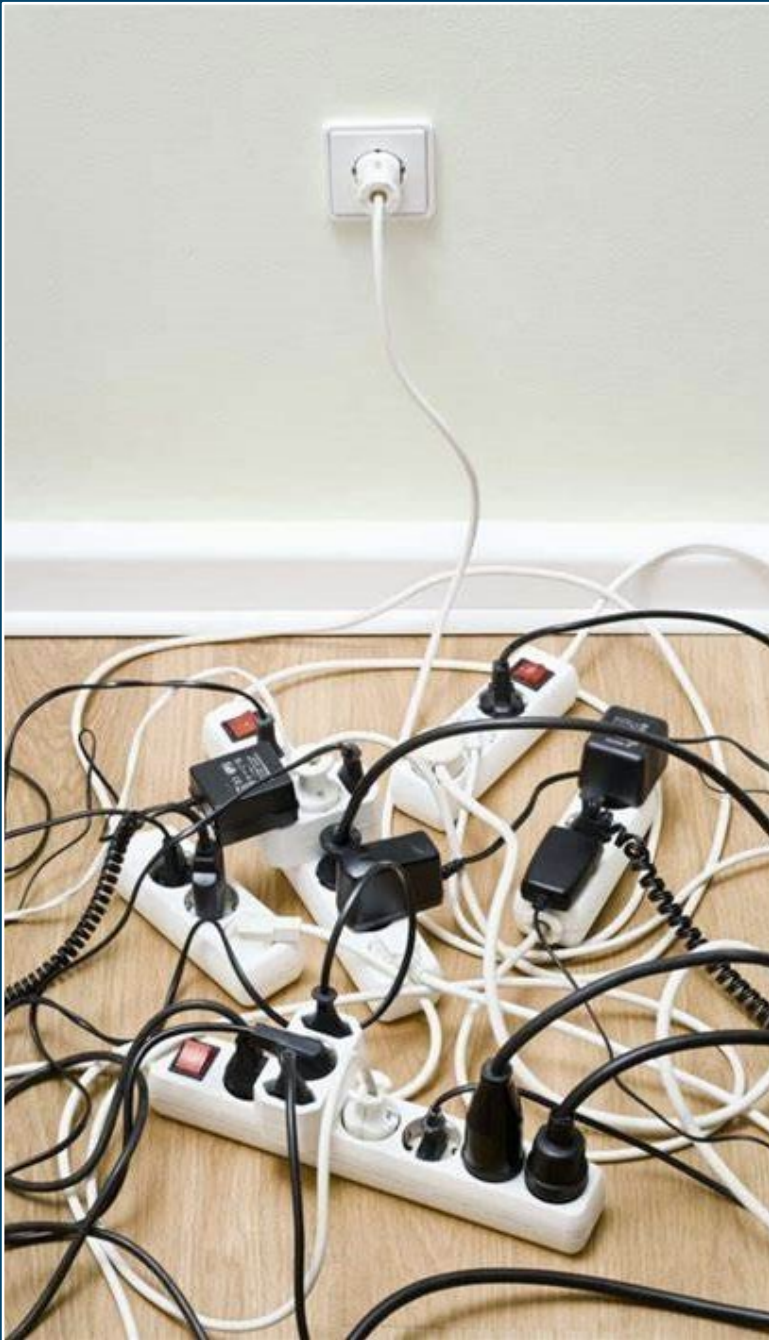
“The way I see it, if you want the rainbow, you gotta put up with the rain!” — Dolly Parton

ENERGY DRAINERS

Energy Drainers

- Part of understanding how we fill and drain our energy is understanding what people, places, things, activities, and habits drain our energy from us.
- Take the next 7 minutes. On the right side of your sheet, jot down 5-7 activities, habits, or things that drain your energy.





Energy Drainers: Group Discussion

What Drains you?

Did you notice any trends?

Were you cognizant of all the things on your list or are there any surprises?

BOUNDARY SETTING



Boundary Setting

What are healthy boundaries?

Boundaries are the framework we set for ourselves on how we want to be treated by others and how we treat other people

Healthy boundaries shine a light on your personal needs while acknowledging the needs of those around you.

Embracing selflessness can be the greatest act of self-love, but you must remember, that its in the setting of boundaries that we safeguard our inner peace.



Boundary Setting (Cont.)

Core Values List:

Make a list of your core values and beliefs: What do you need to be happy? What makes you feel safe? How much time and energy are you willing to spend with different people and situations?

This list will inform you on what boundaries you need to set to be happy, productive and to improve communication and interactions with the people around you.

Lets take the next 10 minutes to start this work

DO NOT rush it



"Perpetual optimism is a force multiplier." —
Colin Powell

ENERGY AMPLIFIERS

Energy Amplifiers

- Energy amplifiers are people, places, things, and activities that fill our cup. They give us a boost to our energy and act as a conduit for increased positivity.
- Take the next 7 minutes. On the left side of your sheet inside the left circle), jot down 5-7 activities, habits, or things that amplify your energy.



Energy Amplifiers: Group Discussion

What energizes you?

Did you notice any trends?

Were you cognizant of all the things on your list or are there any surprises?



A photograph of a renewable energy farm. In the foreground, there are several rows of solar panels. In the background, there are four wind turbines. The sky is a mix of orange, yellow, and grey, suggesting a sunset or sunrise. The word "TAKEAWAYS" is written in large, white, bold, sans-serif capital letters across the center of the image. A thin white horizontal line is positioned below the text.

TAKEAWAYS



Bringing it all together

Remember the Ripple Effect

Consider what drains you

Set health boundaries

Take time for that which fill your energy reservoir

Constantly reevaluate – understand your needs



"The most important thing is to try and inspire people so that they can be great in whatever they want to do." – Kobe Bryant

THANKS!

Any Questions?



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PIERCE

THANKS!

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