

The Body - Physical Energy

- I regularly get at least seven to eight hours of sleep, and I often wake up with energy.
- I regularly eat a healthy breakfast.
- I work out or exercise multiple times a week.
- I regularly take breaks to recharge and refresh myself.

Goal/Result:

Strategy, Tactics, Methods:

Accountability:

Indicators of Success:

The Mind - Focus of Energy

- I am able to focus on multiple things at a time without being distracted easily.
- I focus on activities with longer-term value and high leverage.
- I take time for reflection, strategizing, and creative thinking.
- I work smartly and efficiently to assure myself opportunity for vacation.

Goal/Result:

Strategy, Tactics, Methods:

Accountability:

Indicators of Success:

The Emotions - Quality of Energy

- I find myself friendly, patient, and confident at work, even when it is demanding.
- I spend quality time with family and loved ones.
- I participate in activities that I deeply enjoy.
- I often express appreciation to others and myself for accomplishments and blessings.

Goal/Result:

Strategy, Tactics, Methods:

Accountability:

Indicators of Success:

The Human Spirit - Energy of Meaning & Purpose

- I work doing what I do best and enjoy most.
- I am actively working towards important goals in my life.
- I feel a strong sense of purpose at work, driven by my own influences.
- I invest time and energy towards making a positive difference to others and the world.

Goal/Result:

Strategy, Tactics, Methods:

Accountability:

Indicators of Success:
