

Managing Your Sources of

ENERGY



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Who are your Energy
Givers, Sloths and
Vampires?

MANAGING YOUR SOURCES OF ENERGY

We all have people and situations that give us energy or take energy away.

Energy is the source of action, positive or negative, so it's important to understand the sources of energy for us so we can keep ourselves topped up with positive energy and avoid situations or people that zap our energy.

Imagine there are 3 types of energy sources...

1 Energy Givers

People that when you are with them you feel a spark of enthusiasm, inspiration and you know you do more exciting things, think more and learn more in their company.

What are the places and activities that give you energy? Is it a walk near the ocean? Walking in a forest? Being with family and friends? Watching a TED talk? Or the buzz of the city? Physical spaces and environments have a big impact on our energy.

2 Energy Sloths

People that when you are with them you gossip more or don't do anything new. It's ok to be around these people, but do it for too long and you can feel your energy slowly ebbing away.

Places that can be sloth like could be in front of the TV or social media for too long..



3

Energy Vampires

People that when you are with them you feel your energy being drained, because they are negative and glass half full, they tend to dwell on negatives, they tend to talk about themselves. At work it could

be a boss or colleague with endless requests for work but no thanks...

Places and activities can be a job that you don't like, or tasks you hate doing. The answer here is to have a rethink... or if it's a task outsource it to someone it gives energy to...



Energy Exercises To Overcome The Energy Vampires

So if you like the idea of defining and managing your energy levels try the following simple exercise out for yourself. With the table below, make a list of the people and places that are

your Energy Givers, Energy Sloths and Energy Vampires. Hopefully some sparks of inspiration will come through from your list. What people or places give you energy? are you finding enough time for them? Who or what are your energy zappers? How do you reduce time spent with these people or activities so you can release that time back to the Energy givers? Decide on the top 3 things you'd like to change then... just do it!

MANAGING YOUR SOURCES OF ENERGY

Mode/Action	Energy Giver
<p>Typical Characteristics</p> <ul style="list-style-type: none">• Enthusiastic• Smiles and engages all around them• Encourages• Helps you think• Makes you feel good• Gives you honest feedback• Looks to help you• Sparks thoughts or ideas in you• Takes the initiative <p>This list shows examples, now make your list of the characteristics of your Energy Givers.</p>	
<p>List current people in your life that have that effect on you (at work and in your personal life)</p> <p>Add real peoples names here...be honest with your self.</p>	
<p>List situations that put you in that Energy mode</p>	

MANAGING YOUR SOURCES OF ENERGY

Mode/Action

Typical Characteristics

- Smiles at friends
- Consistent
- Not into trying new things
- Doesn't take the initiative
- Gossips about others.
- Waits for tasks
- Does what is required, does just what is asked.

This list shows examples, now make your list of the characteristics of your Energy Sloths.

List current people in your life that have that effect on you (at work and in your personal life)

Add real peoples names here...be honest with your self.

List situations that put you in that Energy mode

Energy Sloth

MANAGING YOUR SOURCES OF ENERGY

Mode/Action	Energy Vampire
<p>Typical Characteristics</p> <ul style="list-style-type: none">• Doesn't smile much• Negative, glass half full• Critical• Blames• Reacts to work• Does less than is needed, need to chase them• Expecting but unthankful <p>This list shows examples, now make your list of the characteristics of your Energy Vampires.</p>	
<p>List current people in your life that have that effect on you (at work and in your personal life)</p> <p>Add real peoples names here...be honest with your self.</p>	
<p>List situations that put you in that Energy mode</p>	

WANT TO UNDERSTAND
MORE? AND GET
CONTROL OF YOUR

ENERGY VAMPIRES SLOTHS AND GIVERS ?



Gill McLaren

Founder and CEO of Syntegrate.

"I take the best of business strategy combined with coaching to help senior business leaders create even greater success in their career and personal life. Defining what their best life looks like, and forward plans and actions that enable them to live it to the full.

We've all heard of work life balance, then work life integration but I believe what's needed to transform a life of juggling to a life of clarity and simplicity is work life Syntegration."



syntegrate.co
info@syntegrate.co