

Energy Bank

<https://ashiba.cc/resources/energy-bank>

A method to shift your energy levels and build momentum for change

Your energy is a limited resource and over the course of any given day you dip into and out of this bank. Spending too much time being consumed by the things that drain you can leave you feeling unmotivated and unable to tackle your goals or too tired to do things you care about. On the flip side, some things give you energy and leave you feeling refreshed and recharged. The purpose of the Energy Bank is to help you become more aware of what gives or drains your energy and then identify small steps you can take to shift this balance so that you have the energy you need to spend on the things that matter most to you.

Instructions

1. Use the questions below as prompts to help you reflect on what gives or takes your energy.
2. Then list out actions you can take to increase your energizers and to decrease the drains.
3. Decide how you will hold yourself accountable to follow through on your actions.
4. Finally, set a timeframe to check in on your progress – be specific and set a date or a recurring schedule to check your list.

Gives Energy (+)	Takes Energy (-)
<p><i>What energizes you and leaves you feeling refreshed and recharged?</i></p> <ul style="list-style-type: none">• <i>What do you do for fun? For relaxation?</i>• <i>Where does time seem to fly by?</i>• <i>When are you at your best?</i>• <i>When are you in a state of “flow”?</i>• <i>What helps you recharge at the end of a tough day?</i> <p>Action to increase</p> <p><i>What is one thing you can do today that would add more of these energizers or allow you to experience them more frequently in your day to day life?</i></p>	<p><i>What takes your energy and leaves you feeling drained?</i></p> <ul style="list-style-type: none">• <i>What makes you stay up at night?</i>• <i>What gives you anxiety or stress?</i>• <i>What leaves you feeling frustrated?</i>• <i>What sucks the life out of you?</i>• <i>What consumes your time and attention and leaves you feeling drained?</i> <p>Action to decrease</p> <p><i>What is one thing you can do today that would minimize or eliminate one or more of these drains on your energy?</i></p>

Accountability & Checking In

How will I hold myself accountable to following through on these actions?

Some ideas: Share your commitment with a friend, partner, or coach.

When will you check in on your progress?

Be specific. Set a date, or some cadence such as every Friday, the first Sunday of the month, once a quarter etc.

My Energy Bank

<https://ashiba.cc/resources/energy-bank>

Gives Energy (+) <i>What energizes you and makes you feel refreshed and recharged?</i>	Takes Energy (-) <i>What takes your energy and leaves you feeling drained?</i>
What I will do to increase my energizers	What I will do to decrease the drains

Accountability & Checking In

How will I hold myself accountable to following through on these actions?

When will I check in on my progress?
