

TIME BOSS 5 – CALL SUMMARY

ENERGY MANAGEMENT

Looking at your energy lifters and zappers and how to create enough energy for the priorities in your life. Looking at your energy peaks and troughs. How to balance out your energy better throughout the day and week. And how to create better thoughts to boost your energy.

Peak and weak energy

- Normal!
- Natural energy peaks and troughs in the day and week (genetics / genetic behaviour)
Keep searching for little tweaks and solutions that help you build your life around this
- Challenge what you've always done
- The 'average' pattern of 8 hours work in a 9-5 day fails so many
- What adjustments could put your time and energy to better use?
- Gazelle – Tiger – Bear
- Create a day / week around what works for you; base (current / compromise), better, best
- And consider home, family and work
- High energy tasks in peak energy – creative / brain needed / complex / finding solutions
- Lower energy in weak energy – admin / planning / easy phone calls, simpler things
- People around you may have energy preference match or mis-match

HABITUAL PEAK / WEAK ENERGY

- Energy peaks / troughs you've created this from habits you've formed
- Monday morning – low energy, drank all weekend
- Thursday afternoon – hit a wall, packed too much stuff in Monday to Wednesday
- Tired in the morning – Netflix / scrolling the night before
- Tired in the afternoon – no exercise, not a proper lunch
- Life commitments; Becoming a parents, finding a new partner, big work project, caring for someone else, losing someone you love

LOW AND HIGH ENERGY THOUGHTS

- Thoughts impact energy SO much!
- RAS filter
- Negativity bias
- Deliberately put in higher energy thoughts
- Happily doing mindset / Mary Poppins CAN-DO - MPA
- Nourishing thoughts impact your mental and physical energy



- Visualisation of total imagination - 17 seconds in an imagined world and you'll fire off the motor neurons
- Make it a good imagined world and make your energy high
- Make it the opposite you get the opposite
- Boring job – low thoughts, low energy
- Boring job – make it as great as you can, high energy
- Complaining / being grumpy – low energy
- Finding the positives, being grateful – high energy
- Tone of voice
- Language
- THOUGHTS and STORIES determine energy
- Motivation – focus on the gains not what you need to do – this changes your energetic state

HIGH/ER ENERGY NOURISHMENT

- Apart from nourishing thoughts, nourish your body
- More water – blood like custard, sluggish body sluggish energy
- Less sugar – hit and drop
- More veg – enzymes, alkaline, water based
- Less carbs – hit, drop, water to store it
- Alcohol – a big time, energy and head space zapper

PEOPLE AND PLACES

Your environment

- Lilies & leeches
- De-cluttered / clean / Colour / space / view / pictures - headspace
- Messy, chaotic, clutter, time, energy and headspace wasting
- ADHD / ASD – can really struggle with this – Need it clear for optimum energy but can't make it / keep it clean

People

- Leeches and lillies
- Sunshine sharers, breathe life into, energize you
- Energy vampires
- I now try to avoid people who are low energy and take me down

Tips

- Mark out of 10 for people and places
- Coaching wheel
- Take out anything less than a 6/10 or manage
- Bubble / shield effect if you have to be with others

THE RIGHT PACE FOR US



Hare & the tortoise V Horse bolting out the stable door & crashing

RIGHT ENERGY FOR PRIORITIES

Personal - examples

- Work out what energy your non-negotiables need – Date night Friday might be a disaster after a 60 hour week, Wednesday might be better, or Sunday lunchtime
- My Dad & daughter date is a Monday afternoon - nice and easy energy
- Gym sessions have to be morning, even though my work peak energy is morning; can't do gym in afternoon
- Being social with friends – HATE and hardly ever go out in the evening.

Work – build your optimum week around energy

- Monday – easy morning – group coaching lunch – easy afternoon (moved 2nd coaching call to Friday as always crashed)
- Tues / Wed / Thurs – bigger days – Tuesday AM PA meeting
- Friday – Free morning (catch up, workout, clients, nothing), group coaching
- Saturday afternoon childcare a) HOME / cook up b) work
- Sunday a) 930-1230 – work or b) fun

Energy boosters

- Anything that could have positive impact on TIME, INCLINATION & ENERGY
- Being around good energy people – magic match V mismatch
- Put your focus on what you can control let go of the rest – frustration robs you of energy
- Dopamine dressing
- Music – changes state
- Bite size breaks – 2-3 mins (no tech) – slow down and fully escape to speed up and fully re-engage.
- Creating momentum by starting small, or doing small chunks – esp .of you struggle with procrastination
- Proper lunch breaks
- Proper tea / coffee breaks (unplugged) – bench and the birds break example
- Exercise / mini activity
- Connection – touch
- I mentioned language and tone earlier – Simon Ong talks about the energy difference between interest 50/50% and commitment 100%
- Interest loves distraction (TRY)
- Commitment loves progress (STARTING / GETTING ON WITH IT)
- But for some commitment could create shut down / sabotage. But dedication, decision, doing might be better words for you?
- Notice your reaction and energy to words and tone



Energy zappers

- Technology / Smart phone use
- Zoom – uses 3 x brain capacity than in 121
- Difficult people, low energy people (to you)
- Disturbed sleep
- The inner voice!!
- What specific zappers for you?
- Stop spending energy on the wrong things – “energy investor not spender”
- Save your energy for the right things!

