

Fix Your Energy Leaks: Exercise

We need rest to replenish our energy levels. And, it's also important to regularly check for energy leaks.

Spending time on activities and with people that give you energy is healthy.

Allowing your energy to drain in ways that do not rejuvenate you will leave you feeling depleted.

Energy leaks reduce your resilience, dim your spark, and make you extra susceptible to burnout.

This exercise will help you look at where you might be leaking energy and start to fix those leaks. Energy leaks might be very subtle, so investigate carefully.

Grab a pen and paper, and let's get started.

Reflect on the following, and write down your answers:

- How much time do you spend looking at and responding to email or work-related message services? What are some ways you could reduce this amount of time? Could you block particular times to check on emails and messages, for example?



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- How do you guard your boundaries between down time and work? What activities in your weekly schedule restore your energy? How vigilantly do you protect these activities? Which energy-nourishing activities could you add?
- What is your behavior around social media, news media, and other media like? How much time do you spend looking at screens each day? What are ways you could reduce your screen time?
- Which notifications on your devices can you switch off right now? Grab them and do it (and then come back here before you get distracted!).
- Do you spend time, online or in person, with people who complain a lot, are excessively negative, tend to take more energy than they give, or otherwise do not nourish your energy? What could you do to stop them causing your energy to leak?

Take some time to observe where your energy leaks are — and start patching the leaks. Start with shifts that feel small and achievable, and grow from there.

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