

Volume 10, Issue 44: Managing Your Energy Part IV

We have reached the final section of this series. This will be parts IV and V. We are picking off from Part III of the series where we dug deeper into the importance of operating in sync with our energy rhythms. If you are just joining us now, it would be better for you to start with parts I, II and III before delving into this one.

[Related article: Managing Your Energy Part III](#)

As we conclude this series, let's talk about the different forms of energy that we operate on. This is important because different tasks and activities not only take different amounts of energy, they also use up different forms of energy. Different conversations that you have fuel or drain different forms of energy.

There are many forms of energy but the most common ones to us are physical energy, emotional energy, mental or creative energy and spiritual energy. Let's talk about how we generate, sustain, and replenish our different forms of energy. The aim of this discussion is to help us figure out ways of keeping our energy tanks full for optimal performance and fulfillment. We will talk about what fuels our physical and emotional energy tanks here, then wrap it up with what fuels our mental/creative and spiritual energy tanks in part V.

I will use the example of how I manage my energy, but remember what fuels or drains my energy tanks will be very different from what fuels or drains your energy tanks. So as you read, you are going to want to think about what works for you, and maybe even set aside some time in the coming days and weeks to experiment with different things to figure yourself out.

Let's start with physical energy. How do you replenish your physical energy? On my part, I am better in the morning, so I rise up early. I take my meals between 9am and 6pm, feeding on a healthy diet almost all the time. I rehydrate with lots of water early in the day. I walk and do strength training exercises for an hour or so 5 days a week. Since I am up early, I am exhausted by early evening, so going to bed early replenishes my physical energy for the next day. How about you, what do you do to keep your physical energy tank full?

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Written by Lillian Chebosi

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Next is emotional energy. How do you replenish your emotional energy? For me being an introvert, spending time by myself processing my thoughts and feelings, and journaling replenishes my emotional energy tank. I am also refreshed by having conversations with close family members and friends. How about you? What fuels your emotional energy tank?

If you are an extrovert, what fuels you physically and emotionally is very different from what fuels an introvert. Additionally, no two extroverts, and no two introverts are necessarily fueled in the same way. So, if you haven't already, I encourage you to experiment and find out what works for you in keeping your physical and emotional tanks full for optimal performance and fulfillment. We will talk about what fuels our mental/creative energy and spiritual energy tanks next.

For His Glory,

Lillian Chebosi