



Managing Our Energy

PURE ENERGY
FACILITIES PLANNING CONFERENCE
SEPTEMBER 2018



Everything we oversee
needs maintenance.



We can't expect (high) performance
without maintenance.



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God has given us an amazing
opportunity to accomplish
His plans on this earth,
through a vehicle- our body.

**The greatest limiting factor is
how we live our lives.**

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YOUR REAL
PROBLEM IS
NOT TIME ...
IT'S ENERGY

Time is a finite
resource.

Energy can be
replenished.



Human Energy is the Currency of High Performance



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The overwhelmed employee

The "average" US worker now spends **25%** of their day reading or answering emails

The average mobile phone user checks their device **150 times a day.**

More than **80%** of all companies rate their business "highly complex" or "complex" for employees.

40% of the US population believes it is impossible to succeed at work and have a balanced family life.

Fewer than **16%** of companies have a program to "simplify work" or help employees deal with stress.

The "average" US worker works **47 hours** and **49%** work 50 hours or more per week, with **20%** at 60+ hours per week

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Impact of Work Stress

- 36% of workers experience chronic work stress, which lead to anxiety, insomnia, muscle pain, increase blood pressure and a compromised immune system.
- Work stress triples your chances of catching a cold.
- Less than 30% of employees are engaged with their work.
- 1:4 High potential employees plan to leave their job in the next year.

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A Human Energy Crisis

When demand persistently exceeds our capacity, negative consequences are inevitable.

- Persistent fatigue
- Work life imbalance
- Spiritual drift
- Low resiliency
- Disengagement
- Judgement errors
- Loss of focus
- Chronic or fatal illness

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Are you headed for an energy crisis?

Energy Audit

- Respond to the four energy questions on a scale of 1-5. (1=low and 5=high)
- The bullet points in each category describe “5 level” behaviors.
- Underline the phrases you are not able to affirm (you’ll reference these later.)

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Your Energy Score

- 17-20 Excellent energy management skills
- 13-16 Reasonable energy management skills
- 9-12 Significant energy deficiency
- 4-8 Energy Crisis!

Evaluate each category and note the areas that have 2 or more underlined statements.

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FULL ENGAGEMENT

The acquired ability
to intentionally invest
your FULL, BEST energy
right HERE and right NOW.

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What is your mission?

Developing the full potential of Christian leaders nationwide so that God's mission can be accomplished on this earth. Hearing and obeying God on a daily basis- taking risks in His name. Walking 10 miles a day on the beach with my husband. Positive and life-giving relationships with my parents and son.

What is your biggest barrier?

Physical health
My current level of engagement with my family.
Scripture.



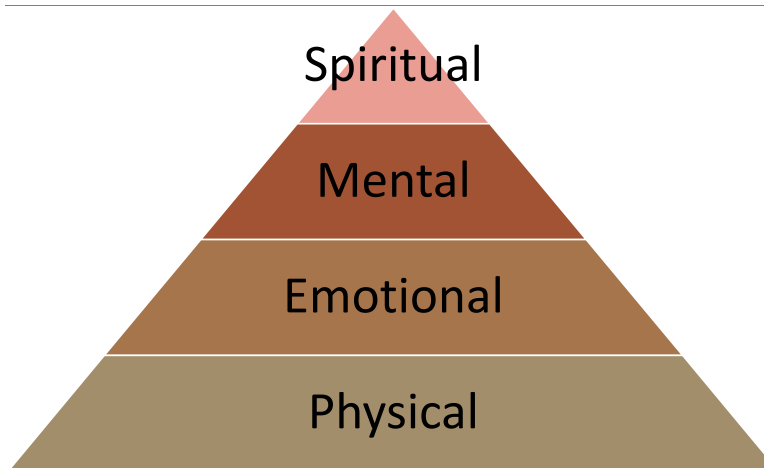
Three principles

- Four Energy Dimensions
- Stress and Recovery
- Rituals and Discipline

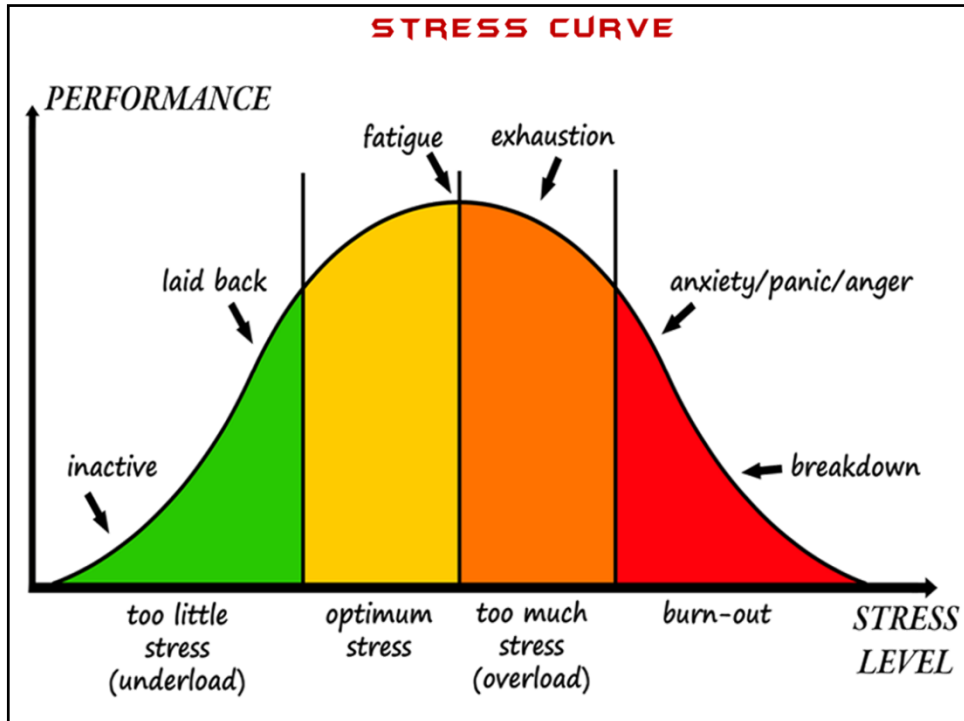
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Four Dimensions of Energy




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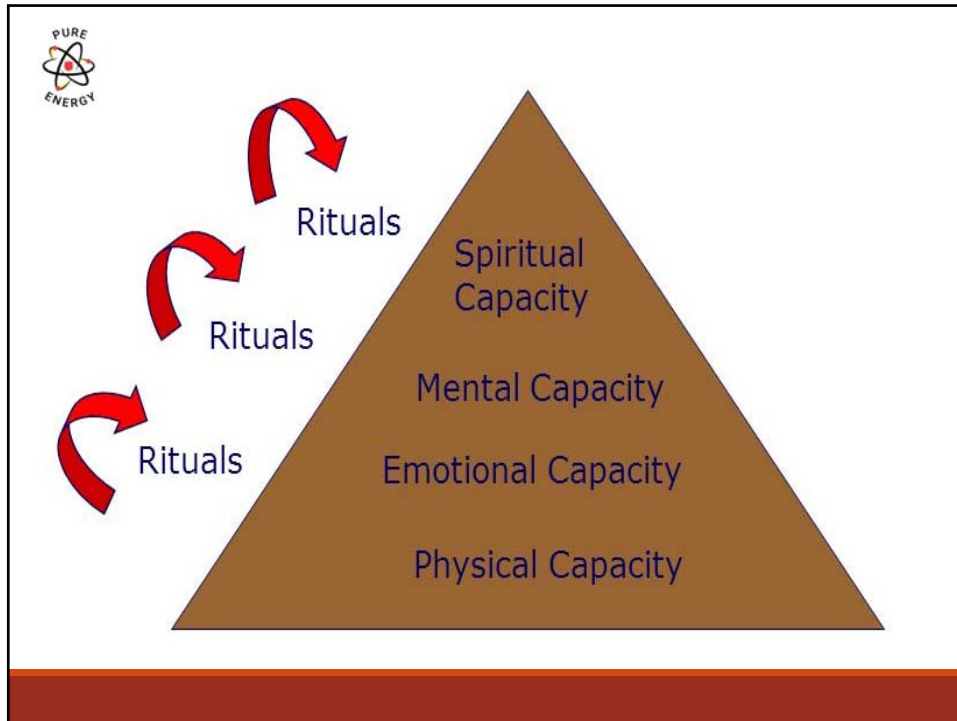


 Life is not a marathon



 Stress + Recovery = Growth

It's a series of sprints



PURE ENERGY

Discipline & Rituals

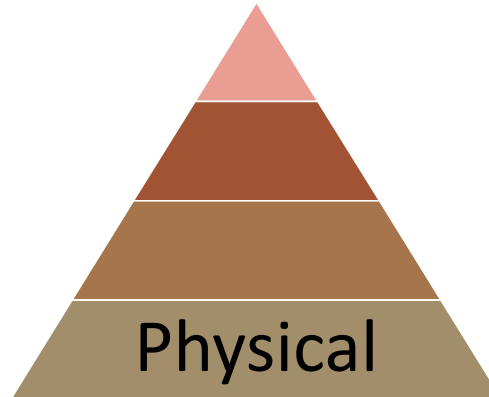
Creating disciplined rituals in our personal lives is a **discipleship** process that honors God in all aspects of our lives.

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.
1 Corinthians 6:19-20

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Romans 12:1



Physical Renewal



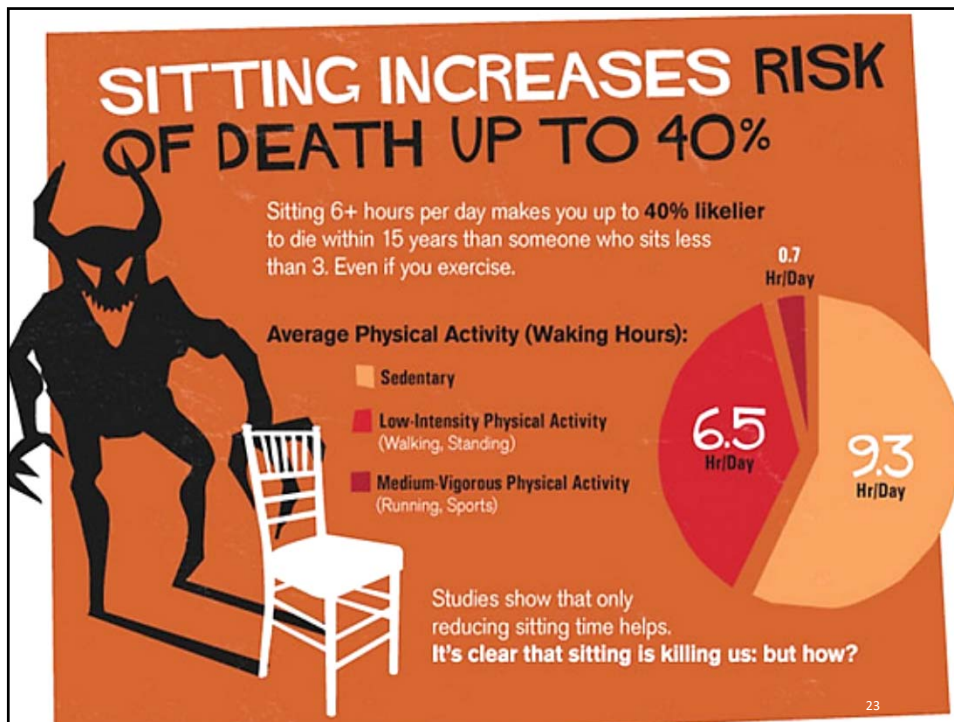
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Physical Action Steps

- Nutrition- Eat smaller meals every 3-4 hours.
- Eat low glycemic index foods.
- Sleep 7-8 hours each night. Reduce/eliminate caffeine and alcohol.
- Engage in regular interval aerobic and strength training.
- Take a standing/stretching break every 30 minutes.

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Four Dimension PRO TIP

Take a walking break every 90-120 minutes (it can be short of long.) It will oxygenate the brain which: release positive “feel good” chemicals, stimulates creative thinking/problem solving, activate the muscles and connects you to God and others.

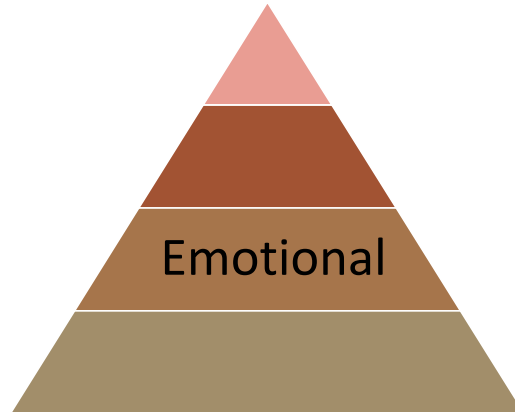
THE ULTRADIAN PERFORMANCE RHYTHM



Adapted from: Rossi, EL: The 20 Minute Break. Tarcher-Putnam, New York, 1991, p. 12.



Emotional Renewal



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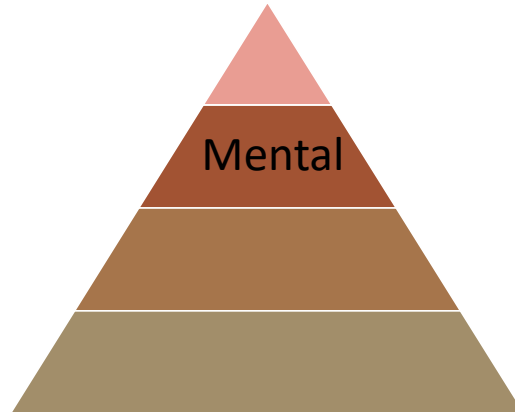
Emotional Action Steps

- Be aware and name your feelings throughout the day.
- Breathe deeply to regain composure and stress.
- Express appreciation and gratitude (journal, write a note, call someone)
- Rewrite your internal dialogue "Take captive every thought and make it obedient to Christ" 2 Corinth 10:5

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Mental Renewal



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Mental Action Steps

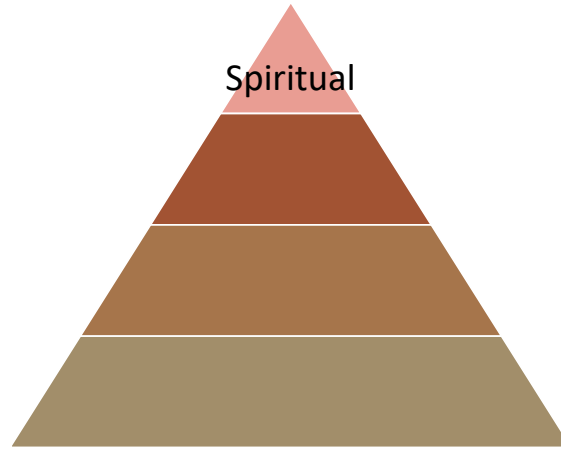
- Eliminate distractions. Turn phone and email off for a specific duration.
- Stop multi-tasking. Engage in mental sprints of 90-120 minutes of focus. .
- Eat three frogs first thing in the morning.



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Spiritual Renewal



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Spiritual Action Steps

- Identify the spiritual pathways that draws you closest to God: nature, contemplation, community, serving.
- Write out your mission and values statements.
- Meet with a counselor.
- Practice your core values:
 - Be present with my loved ones.
 - Read and reflect on scripture
 - Practice kindness with candor
 - Respect everyone always

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How do you want to finish your mission?



What are your natural energy rhythms?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00pm							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							



Where are opportunities for recovery?

January	February	March	Quarter 1
April	May	June	Quarter 2
July	August	September	Quarter 3
October	November	December	Quarter 4



Resources

Human Performance Institute
www.humanperformanceinstitute.com

Every Good Endeavor: Connecting Your Work to God's Work by Timothy Keller

Rest: Why you get more done when you work less by Alex Soojung-Kim Pang