

Healthy Leaders “Living Well at Luther”

Grace and peace to you from God our Father and the Lord Jesus Christ. *1 Corinthians 1:3*

Have you ever heard that time is your most precious resource? What about your energy level? Even though there’s only so much time in a given day, there are many things that you can do to increase the amount of energy you have. Think about your energy boosters and energy drainers. Which boosters can you focus on, and which drainers can you dump?

Boosters

* List things that boost your energy

* List people who boost your energy:

Three Energy Boosters

1. “Me time” — Taking daily time for yourself, even just brief breaks, is an investment in your energy. Get up early. Make your favorite beverage. Do a crossword puzzle. Walk your dog. Call a friend or family member. Take a nap. Take some deep breaths. The idea is to not add another “should” habit to your list (there are always plenty of those).

2. “Dump the clutter” — Clean out a cupboard, closet, desk, or drawer. Organize the energy around you to increase your productivity.

3. “Get moving” — Have you ever had a good idea occur to you while walking, running, or working out? The best ideas often come while you’re being active. Feeling overwhelmed? Get to the gym or just get moving.

Drainers

- Things that drain your energy:
- Things you procrastinate about:
- Areas where you try to multitask*:
- Things you try to change that you have no control over**

More about Drains

** You might think that multitasking makes you more productive. In essence, when you multitask you only give partial attention to the tasks you’re working on, which zaps your energy. Ask yourself: What two multitasking situations can I let go of?*

*** When you focus on things you can’t control, you’ll just get frustrated, angry, or depressed. Focusing on things you can control—your own behaviors, habits, thoughts, attitude, emotions, etc. Focus on things that put you in charge and energize you.*

Emotional and Spiritual Well-being

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