

Episode 22 – Energy Management vs. Time Management



4 Tips for Energy Management:

1. **Create Energy Rituals.** Schedule in moments throughout the day when you will press the pause button and take a mental break. You decide what you will include in your ritual, for example, take deep breaths, stretch, move / shift position, go for a walk, listen to a song, etc; whatever helps you reset and re-engage.
2. **Get to know yourself and your energy peaks and valleys.** For a few days, pay attention, even writing down, the times during the day when you feel most energetic and alert, as well as those times during the day when you feel an energy lull. As you become more familiar with your energy levels throughout a typical day, plan your schedule accordingly (to the extent you can), most effectively matching aligning your to-do's with your energy.
3. **Rest and Recovery.** Practice good self-care to include adequate rest and recovery. Professional athletes must rest and recover, and so must the rest of us.
4. **Come up with a Mantra:** for those moments when we feel pressured, overwhelmed, or otherwise stressed about time or to-do's, create a mantra to repeat to yourself. Our go-to mantra is "I have all the time I need."