

My Energy Management Profile

The way you prioritize your values significantly influences your energy levels. Certain values can be energizing, others can be energy draining, and some values will do little for your energy levels. Thus, in terms of our energy levels, values fall into three categories:

- ❖ **Energy Giving:** Typically, these are the values which energize you. They put you in a “flow state”. Values, such as Intimacy, Sharing/Listening/Trust and Skilful Leisure, are in the energy giving category.
- ❖ **Energy Draining:** Typically, these are the values which drain your energy. Values such as Care/Nurture, Endurance/Patience and Duty, when they are your main focus, are likely to drain your energy as they can keep you from paying sufficient attention to your energy giving values.
- ❖ **Energy Neutral:** Typically, these are values which have little impact on your energy levels. In most situations, living these values requires little mental attention/energy to remain focused on ‘the task in hand’. Values such as Work, Organized Play, and Communication/Information fall into this category.

The graph below indicates the relative percentage of mental energy you have devoted to values in these categories. If the graph shows that you scored significantly higher on Energy Draining Values than Energy Giving Values, this could indicate a stressful lifestyle. In which case, you may want to review your lifestyle so as to spend more time engaged in activities that give your energy levels a boost.

