

# Squiggly Careers PodSheets



## How to increase your energy at work

### Why is energy important?

Energy gives us stamina and increases our capacity to get things done. It is important to understand the times when we feel energised and what helps us feel that way.

“ **Manage your energy, not your time** ”

Tony Schwartz and Catherine McCarthy

### What is giving you the most energy at work and why?

### Ideas to increase your energy at work



#### Write a 7 minute story:

Set your phone timer for 7 minutes and write a story about something positive that has happened this year



#### Radiator Relationships:

Reflect on **who** gives you energy and find ways to spend more time with them in person/virtually



#### Thursday Thank You's:

Every Thursday, say thank you to someone and let them know how they've had a positive impact on you



#### Take a phone break

Instead of habitually picking up your phone, find more active ways to take a break that will enable your brain to recharge. Going for a short walk, box breathing or stretching are all healthy ways to give your brain a break and re-energise.



#### WWH:

Increase your energy and motivation levels by thinking about:

WHY is this work important for the job I do?  
WHY is it important for me?  
HOW is this helping others?

### Coach Yourself Questions

**1** How could increasing your energy help you to achieve your goals?

**2** Who do you know who has good energy levels and what could you learn from them?

### Recommended resources



#### [Manage Your Energy, Not Your Time](#)

Harvard Business Review article



#### [Why Sitting Down Destroys You](#)

TED talk with Roger Frampton



#### [Work Fuel Podcast](#)

Hosted by Colette Heneghan and Graham Allcott

Amazing if