

Squiggly Careers PodSheets

How to stay inspired and energised at work



“You need to learn how to select your thoughts just the same way you select your clothes every day. This is a power you can cultivate. If you want to control things in your life so bad, work on the mind. That’s the only thing you should be trying to control.”

Elizabeth Gilbert

Ideas for Action: Energy

- 1 Find an alternative to escapism**
When work feels hard, escapism can feel like a quick fix. Any activity that makes you feel good in the short-term but bad soon after isn't good for your energy levels over the long term.
- 2 Be both the sculpture & the sculptor**
Your thoughts inform your actions. Regularly saying affirming statements to yourself to build your self-belief can help to increase your positive energy.
- 3 Have a clear desk/mind personal policy**
Clear environments increase mindfulness and mean that our minds are much calmer. Set an intention to clear your space before you shut down for the day, to help you restart with success.



We all have a choice about how we spend our time. Tune into your energy 'drains' and 'gains'. Take action to protect your energy.

Ideas for Action: Inspiration

- 1 Reach out to your role models**
The people you admire can be a brilliant source of inspiration. By following, commenting and connecting with your roles models you can find ways to bring them closer to your work.
- 2 Follow the good 'coffee' (or anything else)**
Following your passion can lead to curious conversations and unexpected outcomes. Try to spend some time connected to your passion each week.
- 3 Make laughter a priority**
Research shows that listening to laughter has positive impacts for our mental wellbeing. Create a laughter log to make you more intentional about how much laughter is part of your day-to-day.







Reflect regularly on who and what inspires you. Design your days around these people, projects and places.

Coach Yourself Questions

- ? What has the biggest impact on your energy levels at work?**
- ? How could you get closer to the people that inspire you?**

Recommended resources

-  **[Energize: Find Your Spark, Achieve More and Live Better.](#)**
by Simon Alexander Ong
-  **[365 Ways to Have a Good Day: A Day-by-day Guide to Living Your Best Life.](#)**
by Ian Sanders
-  **[How to stop languishing and start finding flow](#)** Ted Talk by organisational psychologist Adam Grant
-  **[How to increase your energy at work](#)** Squiggly Careers Podcast #200

Amazing if