

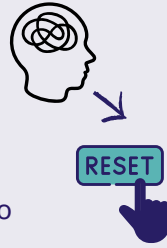
# Squiggly Careers PodSheet

## How to re-energise yourself and your work



### Our energy requires our attention

Continual change, pressure, and busyness at work drain our energy reserves. Without consciously refueling, we risk burning out.



Re-energising yourself outside of work, helps you to achieve more inside of work.

### ? What drains your energy?

## 5 ways to re-energise

### 1. Deliberate Rest



Giving all your attention to an activity allows you to switch-off the noise of work.

*Beware the barrenness of a busy life.*

- **Socrates**

Deliberate rest helps you recover and improves long-term thinking.



What activity feels like deliberate rest for you?

[Blog on active rest](#)

### 2. Goal-setting



Setting goals outside of work helps to keep work in perspective.

*Setting goals is the first step in turning the invisible into the visible.*

- **Tony Robbins**

Setting goals increases our energy to help us put more effort in all areas.



What goals are meaningful and motivating for you?

[Article on goal-setting](#)

### 3. Relationships



Spending time with radiators, restores your energy reserves.

*Build relationships beyond the ones that we need right now.*

- **Margaret Heffernan**

Building new relationships generates ideas that lead to better performance.



Which energising communities could you connect with?

[Cognitive diversity](#)

### 4. Volunteering



Helping others allows us to step back from day-to-day work issues.

*You have two hands, one for helping yourself, the other for helping others.*

- **Audrey Hepburn**

Volunteering creates a 'helpers high' which boosts your mental health.



What causes are you personally passionate about?

[Benefits of volunteering](#)

### 5. Curiosity



Curiosity fuels learning and growth in all areas of our life.

*Curiosity is the engine of achievement.*

- **Sir Ken Robinson**

Consciously investing in curiosity prevents falling into a fixed mindset.



What new sources of curiosity could you spend time with?

[The case for curiosity](#)

## Coach Yourself Questions

? Which area will you prioritise this week?

? Who could help keep you accountable?

## Recommended resources



**Energize** book by [Simon Alexander Ong](#) that includes lots of ideas to learn how to manage your energy.



**How to stop languishing and start finding flow** Ted talk by psychologist [Adam Grant](#) about a feeling affecting many people.



**Setting yourself up for success** Squiggly Careers Episode #164