

Day 16

Energy

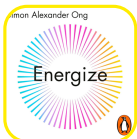
What is this squiggly skill?

Energy is the skill of being positive and proactive and helps you achieve more. A squiggly career comes with lots of change and challenge, and it's easier to handle these if you have the energy to work with them.

Recommended Resources



Managing your energy not your time HBR article



Energize
Simon Alexander Ong

Recommended Listen



Squiggly Careers #285
How to re-energise yourself and your work

Ideas for Action



Find your active rest

Active rest is an activity that consumes your attention and helps you switch off from other demands and distractions.

Ask yourself:

What is active rest for me?

How can I fit more of it into my week?



Boosts & Boundaries

Know what gives you energy. Design your week to protect your energy boundaries and add in some energy boosts to help keep your energy levels constant.