



EXCEPTIONAL WOMEN'S COACHING

## **Maximizing Your ROE Return On Energy<sup>SM</sup>**

How can we feel happier, more fulfilled, and more peaceful each day?

We think it's by shifting from "time management" to "energy management". Time Management sometimes feels like a structured, limited approach to managing your life that consists of to do lists, action items, and dividing up your precious 24 hours between all your competing priorities. Energy Management, on the other hand, is an approach based on priorities, values, essential roles, and choice. The result is choosing to invest your energy only in activities and relationships that will provide you either an equal (or better) Return On Energy (ROE) or at least align with a clear priority of yours.

Of course, we will always benefit from managing time effectively with our calendars. Time is, in fact, a map that we've created in order to make sure that we all show up to meetings, birthday parties, workouts, first dates, and other important events at the same time as colleagues or loved ones. It is a tool to be used powerfully to live the lives of our design. The problem is we no longer act that way. We act like time is running us, not like we're leveraging time to fulfill on our life priorities. In and of itself, this shift is powerful and freeing.

Energy management, particularly being attentive to your ROE, starts changing things. It starts making you responsible for what you agree to do, how you manage your energy during certain situations, how you restore your energy when needed, and how to get the most out of everything you do. Here's the beautiful part. When you are intentional about your ROE, "getting the most" out of an activity, relationship, or other event is not exhausting or depleting. Those times when we "get the most" out of something are those times when we actually leave feeling energized and inspired. Imagine a life where everything you did resulted in you feeling as energized – or more so – as when you began. How would that feel? Good, abundant, fun, joyful.

Here are the basics of how to manage your energy and maximize your ROE. These fall into that category of simple, but not easy. It takes courage to actually practice living this new way.

- Be clear on your priorities, your values, and most essential roles in life
- Choose to invest your energy into work, relationships, and activities that support these
- When possible, choose work, relationships, and activities that give you as much energy as you invest during that event
- If you must engage in energy-depleting activities because of your current priorities or roles, make sure you have energy restoration planned
- Maximize your ROE by choosing work, relationships, and activities that actually align with multiple values, priorities, and roles while giving you energy!!!

This approach is NOT about doing more, accomplishing more, or multi-tasking. It's about being aware of your energy level, your energy output, and your energy return in way that empowers your choices and leaves you feeling fulfilled, peaceful, and happy at the end of the day.