

## Energy Management

<b>Types of Energy:</b>	<b>My Status (1-10):</b>	<b>Where I want to be:</b>
1. Physical		
2. Mental		
3. Emotional		
4. Spiritual		

### **How do I improve that?**

Include things that are good to do (more of) and those that you are better off avoiding.

1. Physical:

2. Mental:

3. Emotional:

4. Spiritual:

**AS: Pick 1-2 in each category and circle or underline them.**

**Start paying attention in the next week.**

## 4 Simple Steps to CHANGE

*The only thing that never changes is CHANGE.*

1. A\_\_\_\_\_:
2. C\_\_\_\_\_ : but without \_\_\_\_\_!
3. P\_\_\_\_\_:
4. A\_\_\_\_\_:

**Which stage or step am I at in different categories or habits?**

List 2-3 examples for each stage/step:

1. A\_\_\_\_\_:
2. C\_\_\_\_\_ : but without \_\_\_\_\_!
3. P\_\_\_\_\_:
4. A\_\_\_\_\_:

## Habit Change

*Small hinges swing big doors.*

### Step 1. Define Your Supporting Habits

Achieving your Life Vision and your Dream Career will come down to the goals you set and the habits you practice.

**The Principle of Habitual Behavior:** Your habits shape your life and define you as a human being. You are what you continuously do.

- ✚ A goal is something you desire, and you are willing to work towards.
  - ✚ A habit is an automatic pattern of behavior, acquired through frequent repetition.
- The difference can be summed up with this question: Do you want to get there or live there?

When you consciously choose the highest leverage goals and the highest leverage habits (i.e. your needle movers) and direct them towards a common objective, you get the most powerful possible combination of human behavior.

Goal setting is the key to creating great habits and great habits are the key to accomplishing your goals. A few things to keep in mind:

- ✓ Most great habits started off as goals.
- ✓ You can take control of your habits, but only if you want to.
- ✓ Your habits will determine whether or not you'll accomplish your goals and how quickly.
- ✓ Goals control habits and habits control goals.

**Choose 8-12 simple daily behaviors** that will move you closer to your highest self every day. These are the behaviors that will help you accomplish your goals – and allow you to step into your Life Vision. Refer to the energy improvement techniques on page 1.




## Step 2. Identify the Negative Habits to Break

If you want to break a bad habit, the first thing you should do is have the courage to identify it and commit to changing it.

Now it's time to identify 2-4 negative habits that are holding you back or slowing down your progress towards achieving your Life Vision and your Dream Career. These are the disempowering behaviors that are holding your back from accomplishing your goals. Once again, refer to the energy improvement techniques on page 1.


Once identified, you can do either of the following two things:

- **You can commit to replacing a bad habit with a good one.** For example: “I will read a book instead of watching TV.”
- **Or stop it completely.** For example: “I will stop watching TV after 10 pm.”

Write below what you would like to do with your negative habits.



## **Introducing Tracking**

!!! You CANNOT improve what you don't track.

There are plenty of tracking systems: you can do it on your phone, your computer, or on the paper. You can do it alone or with a partner – accountability buddy or partner in crime, as I say.

Finding a system that works for you is a process. Give yourself time to identify your preferred system and your frequency of tracking. Remember: *Rome wasn't born in a day. And all good things worth pursuing take time ...*

Start playing with a template I am providing you with.

### **Create YOUR Boss Lady Inner Game Tracker:**

<https://docs.google.com/spreadsheets/d/1HJNShURfS9nufmVGyPEC7UzoJj4ZI8HGB-IQsvuwR5c/edit#gid=1220028604>

→ Make a copy, adjust, and bookmark it.

→ Play with daily vs. weekly vs. monthly habits.