




1




ENERGY VS. TIME MANAGEMENT

Rethinking Work/Life-Balance
You have a lot more control over your energy than your time.

More, Bigger, Faster is not always better!

How do we manage Time, Wealth, & Health?



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 **WHAT HAS BEEN THE DRIVING FORCE IN YOUR LIFE?**

Every human is driven by something.
Some people are driven by:

-  Guilt
-  Worry or Fear
-  A need for approval or success
-  Anger
-  Materialism

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 **How do you find significance in life?**
This is when you know why you are on earth and your purpose in life.

Do you feel significant?

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4 QUESTIONS TO PONDER



1. What will be the contribution to my life?
2. What will be the center of my life?
3. What will be the communication of my life?
4. What will be the community of my life?

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SWIEI **BLUE ZONES**

Loma Linda, CA
This community follows a vegetarian diet and abstains from alcohol, leading to a lifespan nearly a decade longer than the average American

Sardinia, Italy
Sardinia is home to the world's longest-living men. Their lifestyle includes regular physical activity, walking through hilly terrain, and a plant-based diet. Strong interpersonal relationships also contribute to their well-being.

Okinawa, Japan
Known for having the world's longest-living women, with residents often living into their 80s and beyond, with lower incidences of chronic diseases like cardiovascular disease and cancer compared to Japan and the U.S.

Nicoya, Costa Rica
Nicoyans have a higher chance of living past 90 compared to North Americans, likely due to their active lifestyle, strong family and faith values, and a diet rich in rice, beans, beef, fish, and chicken, avoiding processed foods.

Ikaria, Greece
The majority of the population are older people in Ikaria. They credit their long lives to a plant-based diet, daily exercise, socializing, not smoking, and mid-day naps. Around 60% of those over 90 still engage in regular physical activity.

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SWIEI **BLUE ZONES & IKIGAI**

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SWIEI IKIGAI

IKIGAI
a reason for being

3
What do I love?

1
What does the world / people need?

2
What am I good at?

4
What can I be paid for?

PASSION MISSION
PROFESSION VOCATION

IKIGAI

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SWIEI VULNERABILITY & EMPATHY

Vulnerability

“It’s the FIRST thing I look for in you.”

“It’s the LAST thing I want you to see in me.”

VULNERABILITY is not winning or losing. It’s having the courage to show up when you can’t control the outcome.

Brené Brown

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 **MANAGE YOUR ENERGY NOT TIME**

We must learn to manage our **ENERGY** not just our time.

Hours are fixed: **Energy is not.**


Regularly renewing your most precious resource **ENERGY** becomes the X factor in full access to your highest potential.

We can become more **conscious** and **intentional** about managing our energy.



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 **THE 4 INTER-CONNECTED ENERGY SOURCES**

Energy management is based in living my values

My MENTAL ENERGY - Focus of my Energy **My EMOTIONAL ENERGY** - Quality of my energy
My PHYSICAL ENERGY - Quantity of my Energy **My SPIRITUAL ENERGY** - My Purpose

Which one is more difficult for you when it is lacking?



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WHAT 1% CHANGE CAN YOU COMMIT TO?



Mental

- How well am I able to focus on the person, conversation or project in front of me 100% without being distracted?
- What grade would I give myself around time management-organization?
- Which area would I like to improve upon the most? Creativity? Quiet-Reflection? Self-Awareness?



Emotional

- What percentage of the time do I feel stressed versus relaxed and happy?
- What is an activity that brings me pleasure just in the joy of doing it?
- How well am I able to recover from setbacks and negative emotions? How often do I let negative emotions – mine or someone else's – get to me?



Physical

- How well do I get through my day and week? How tired do I feel?
- Where do I need to focus on challenging my body: Strength? Endurance? Flexibility?
- When do I push myself too much physically and not rest my body when I should?

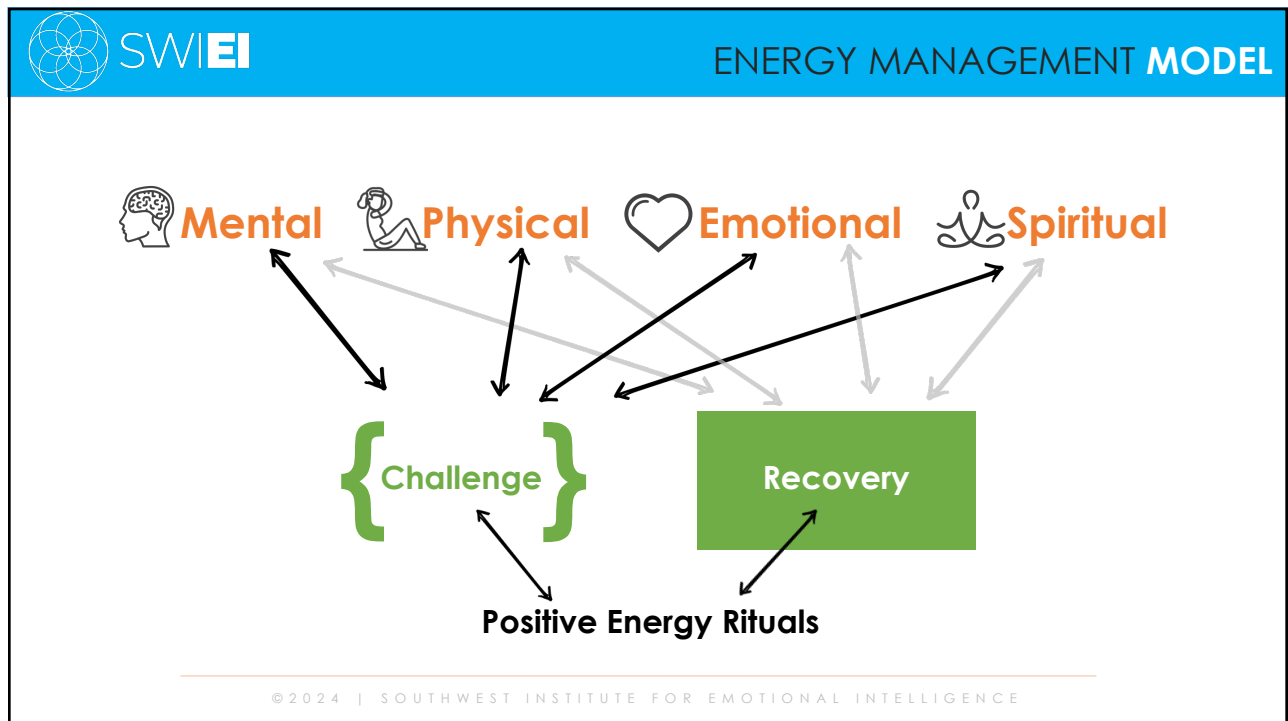


Spiritual


- How would I describe my current balance of adequate self care with giving and and taking care of others?
- What are some of my most deeply held values and beliefs? Which ones do I live most in alignment with everyday? Which ones do I not?
- Where might I need to spend more time: Setting a vision for my future? Using courage? Giving back? Passion?


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 SWIEI
RITUALS




 Good Habits are hard to create but easy to live with.

 Bad habits are easy to create but hard to live with.

- Positive Habits
- Routine
- Look forward to it
- Gives energy
- Impacts all sources

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 SWIEI
MENTAL ENERGY

Focus of our energy

Mental Energy Builders

- Concentration/Focus
- Realistic Optimism
- Time Management
- Creativity-Curiosity
- Small Details
- Present

Mental Energy Warning Signs

- Low Attention Span
- Pessimism-Negativity
- Poor Time Management
- Lack of Creativity
- Disorganized
- Distracted

Mental focus keeps us positive and realistic. It keeps our emotions in check.

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- Thoughts about the *Future*... 40%
- Thoughts about the *Past*... 30%
- Thoughts of *Doubt*... 12%
- Worries about our *Health*... 11%
- *Present Moment*... 6-7%



93% of our thoughts are **NOT** a true picture of reality!

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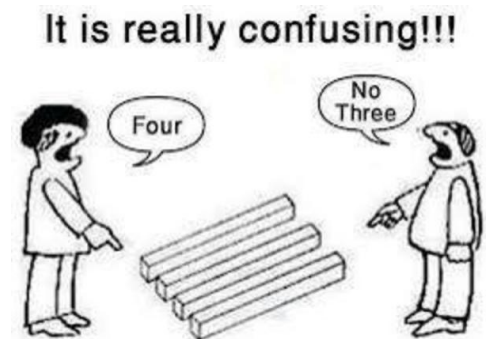
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ACTIVE LISTENING

Listening Exercise:

- For 3 minutes listen to the other person only.
- You can't speak, only use positive body language.
- Switch roles.
- Answer these questions:
 1. What are you passionate about?
 2. Are you communicating your purpose to others?
 3. What brings you joy?
 4. What is it about this conference that made you want to attend?



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PHYSICAL ENERGY


Quantity of energy


<p>Physical Energy Builders</p> <ul style="list-style-type: none"> Exercise your Heart Deep breathing exercises Endurance Healthy eating Strength/Flexibility Making annual doctor appointments 	<p>Physical Energy Warning Signs</p> <ul style="list-style-type: none"> Running on Empty Low Energy Fatigue – saying “I’m tired” Over-under Weight Injury Sickness-Disease
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Physical energy engagement builds mental capacity.

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 SWIEI
CONNECT TO EMOTIONS

$1^{365} = 1$		Little extra creates 37 times stronger result
Just 1% more $(1.01)^{365} = 37.8$		Little less creates 1500 times weaker result
Just 1% less $(0.99)^{365} = 0.03$		

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EMOTIONAL ENERGY

Quality of energy

Emotional Energy Builders

- Patience
- Openness
- Self-awareness
- Self-management
- Emotional connections

Emotional Energy Warning Signs

- Anxious Rigid-Impatient
- Judgmental
- Defensive/Low Stress Tolerance
- Lack of Impulse Control/
Low Stress Tolerance
- Low Empathy/Poor Listening Skills


Not addressing negative emotions decreases mental and physical capacity.

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SWIEI
DIRTY WORDS

- But
- Try
- Obvious(ly) Apparently
- I am the old person
- I am still new
- To be honest - Truthfully
- I am so busy
- Unfortunately



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SWIEI
SPIRITUAL ENERGY

Force of energy | Aligning and living by highest values. Significance.

<p>Spiritual Energy</p> <ul style="list-style-type: none"> • Honesty • Values • Courage • Persistence • Character • Belief/Faith 	<p>Spiritual Energy Warning Signs</p> <ul style="list-style-type: none"> • Lack of Truthfulness/Authenticity • Apathy/Feeling Disadvantaged • Conflict Avoidance • Giving Up • Unreliable/ Poor Reputation • Selfishness/Detachment
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Balancing self care with giving and caring for others.

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SWIEI
SENIOR CITIZENS ADVICE AND REGRET



1. More Time for Reflection

2. Taking Risks

Vulnerable risk

3. More Fulfillment

Do more things that make them happy

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 **CREATE YOUR RENEWAL ZONES**

<p> Mental</p> <hr/> <hr/> <hr/>	<p> Emotional</p> <hr/> <hr/> <hr/>
<p> Physical</p> <hr/> <hr/> <hr/>	<p> Spiritual</p> <hr/> <hr/> <hr/>

...what 1% change can you **commit** to?

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You have identified what you want to commit to working on from energy management.

Now, how do you have the right attitude to approach it and have success?



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1. Do you think that people are born smart?
2. Do you care more about learning or knowing?
3. When do you feel successful? When something happens easily for you or when you have worked hard for something?

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A growth mindset comes from the **belief** that your abilities and intelligence are things that can develop and grow with effort.

A person who has a growth mindset thrives on challenge and sees **failures** not as evidence of unintelligence, but as a springboard for growth and for stretching their own abilities.

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WHAT IS A GROWTH MINDSET?

People who have a growth mindset:

1. Embrace challenges
2. Persevere in tough times
3. See that it takes effort to get good at something
4. Learn from criticism or mistakes
5. Find inspiration in the success of others



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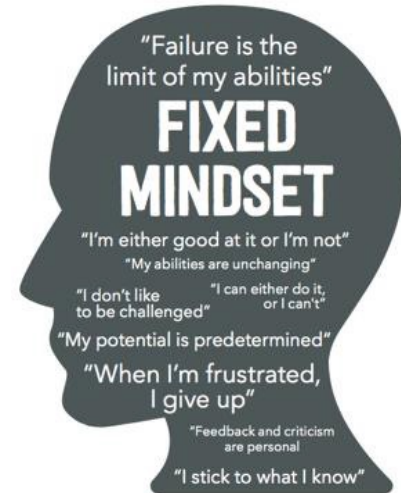
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SWIEI

WHAT IS A **FIXED** MINDSET?**People who have a fixed mindset:**

1. **Avoid** challenges
2. **Give** up easily
3. See effort as useless
4. Ignore **constructive** criticism
5. Feel threatened by the **success** of others




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 **SWIEI**

Because I said I would.

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A close-up photograph of two hands shaking. The hand on the left is wearing a white dress shirt, and the hand on the right is wearing a dark suit jacket. The background is a bright, out-of-focus indoor setting.

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 **SOULPANCAKE**
presents

0

A baby lying on its back on a pink mat on a light-colored floor. The baby is wearing a white onesie and white socks. The background is a plain, light-colored wall.

10/7/24

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CHARACTER STRENGTH IS BUILT WITH ENERGY INVESTMENTS

"It is a mark of courage to set aside self-interest in order to be of service to others or to a cause."

Dr. Jim Loehr

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