

Midlife Re-Energizer



Helène T. Stelian
COACHING

HeleneTStelian.com © 2023

Let's talk about **energy**

Everything we do has an impact on our energy. Some parts of our lives make us feel more energized, while others deplete us.

For example, here are some things that **energize** me:

- Walking my dog
- Having a deep conversation
- Learning something new
- Reading a good book
- Organizing a closet

And here are some things that **drain** me:

- Being cold (or hot)
- Making small talk
- Watching the news
- Worrying about my family
- Ruminating about a past incident

What about you? Let's find out!

This week, become aware of which aspects of your life cause **energy gains** and which cause **energy drains**. Tune into your energy throughout the day and jot down what is driving it higher or lower. Jot it down on your phone or keep a small notepad handy. Then transfer this information to the chart on the next page.

Consider every aspect of your day and life:

-  **People:** intimate partners, children, parents, siblings, friends, colleagues, neighbors, etc.
-  **Work/Activities:** chores, projects, tasks, hobbies, social events, errands, etc.
-  **Wellness:** food, drink, sleep, exercise, medical, mental/emotional, spiritual, etc.
-  **Environment:** spaces where you spend time, whether at home, work, outside, socially, etc.
-  **Money:** spending, bills, debts, career, salary, saving, retirement, taxes, etc.

Don't forget to include time spent thinking (or dreaming or worrying about) tasks, issues, ideas, people, etc.

I am energized by...

I am depleted by...

Now what?

Once you've got a good list going from one or two weeks of tracking, **look for patterns or themes** in the responses.

What people, places, activities, situations, thoughts seem to always energize you and how can you bring more of these into your life?

On the flip side, which of these deplete your energy and how can you minimize them in your life?

When it comes to things that are necessary but draining for most of us (like paying bills), how can you pair these with an energizing activity (like listening to a favorite podcast) or plan a re-energizing activity to follow?

Finally, **take action**. What is one small step you can take this week to carve out time for one more energizing activity and to let go of one depleting ones.



Here's to optimizing your energy!

Hugs,

Helene