

66-DAY ENERGY MANAGEMENT CHART

Date: _____

PHYSICAL STRATEGY

	Exercise	Diet (Positives)	Diet (Negatives)	Sleep Ritual	Amount of Sleep
Example	10 Minute Jog; 5 minute brisk walk	Brown rice; Tuna steak; Oatmeal	Chocolate bar; Crisps; White bread	Reading; Writing in journal	6 and a half hours
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

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EMOTIONAL STRATEGY

	Breathing/ Relaxation	Enjoyable Activity	Reflect on Current Mood
Example	5 minutes of deep breathing	Listen to my favourite music	Anxious about new assignment at work; Irritated by a colleague's behaviour. Positive affirmations: I embrace responsibility and challenge. I am in control of my emotions.
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

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MENTAL STRATEGY

	Mindfulness Activity	Important <i>and</i> Urgent Tasks Achieved	Important <i>not</i> Urgent Tasks Achieved
Example	10 minutes in park during lunch hour	Finished PowerPoint for tomorrow's presentation; Re-evaluated project budget	Brainstormed ideas for future project; One-on-one mentoring with 6 employees
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

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SPIRITUAL STRATEGY

	Visualisation Activity	Actions Towards Biggest Goals	Values-Based Behaviours
Example	<i>5 minutes in bed after waking up</i>	<i>Wrote 2 pages of business leadership book; Ran for an hour in preparation for charity marathon</i>	<i>was kind and respectful towards colleagues; Had breakfast at home with family; Called best friend on the way home</i>
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			