

5 Strategies to Maximize Your Energy



Presented by:
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100
40
50

1000

40

1000

30

1000

20

1000

10

~~5,000~~

4,100

We react to:

1. Circumstances
2. Others' agendas



Goals



1. Increase energy and positivity

2. Maximize productivity, effectiveness and focus

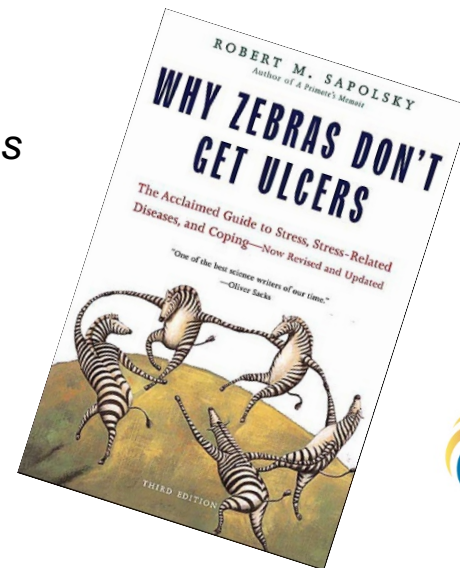
3. Reduce stress

Stress

Stress comes from things you cannot predict and/or control

“Stress can wreak havoc with your metabolism, raise your blood pressure, burst your white blood cells, make you flatulent, ruin your sex life, and if that is not enough, possibly damage your brain.”

Dr. Robert Sapolsky, Professor of Biological Sciences and Neuroscience at Stanford University





Poll: What is your greatest energy drain?



Top 3 Energy Drains



1. Not believing you have a choice
2. Not being able to say no
3. Not finding support in people or relationships

0

I am a great multi-tasker.

1 2 3 4 5

0

I am a great multi-tasker.

1 2 3 4 5

Strategy 1



Multitasking

Strategy 2

Eliminate tolerations

What is a toleration?





Tolerations

- Eliminate
- Hire
- Delegate



Choose your focus



How happy are you right now?

1 2 3 4 5 6 7

Now, rate your happiness again

1 2 3 4 5 6 7



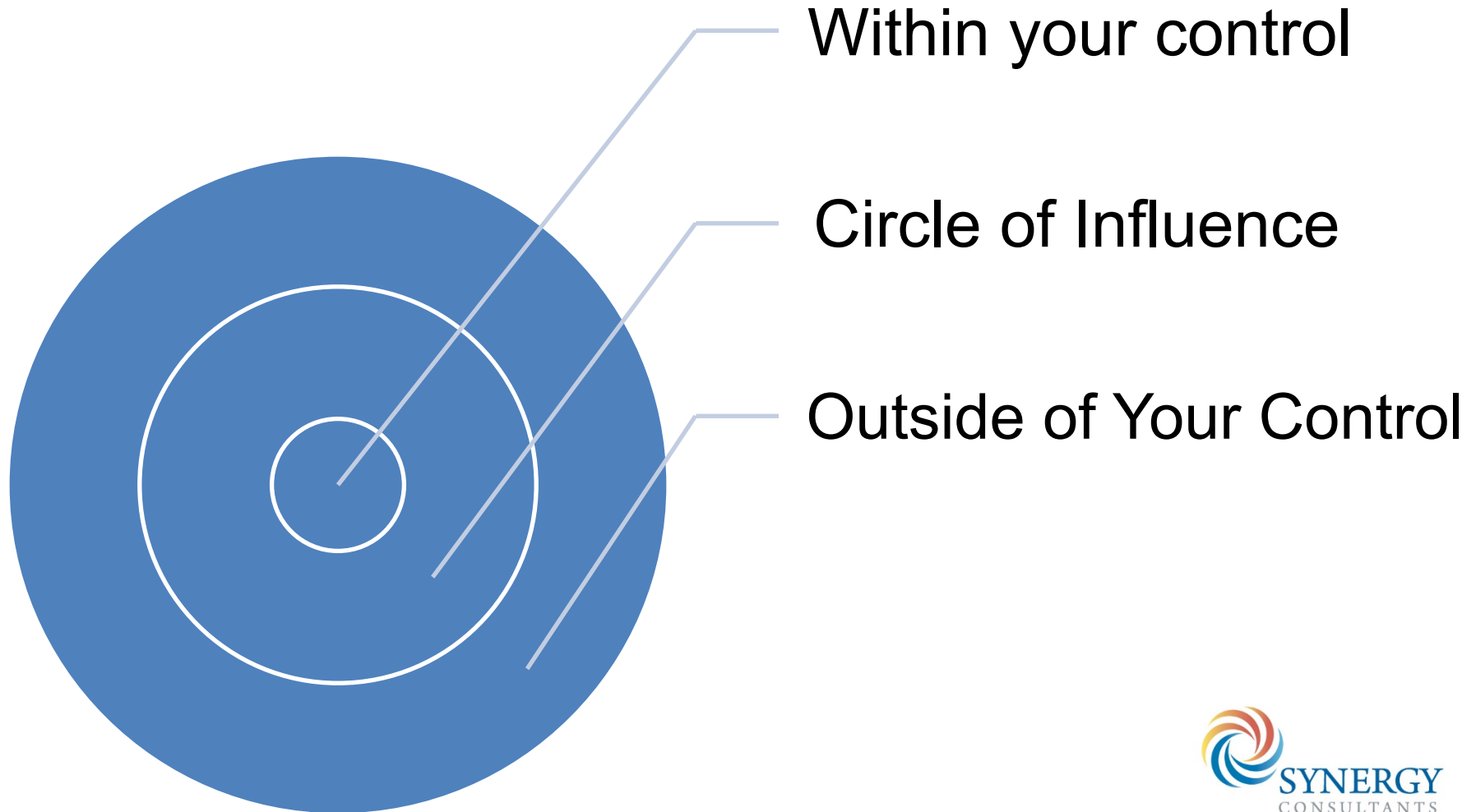
“Worry never robs tomorrow of its sorrow; it only saps today of its strength.”

A. J. Cronin

Strategy 3

Focus on what is in your control

Circle of Influence



- What was your experience doing this?
- What did you learn?
- What are some actions that you can take as a result?



Strategy 4: Spotlight your self talk





What is your self talk ?



Voices in Our Heads

“I want to do it perfectly”

“I feel guilty”

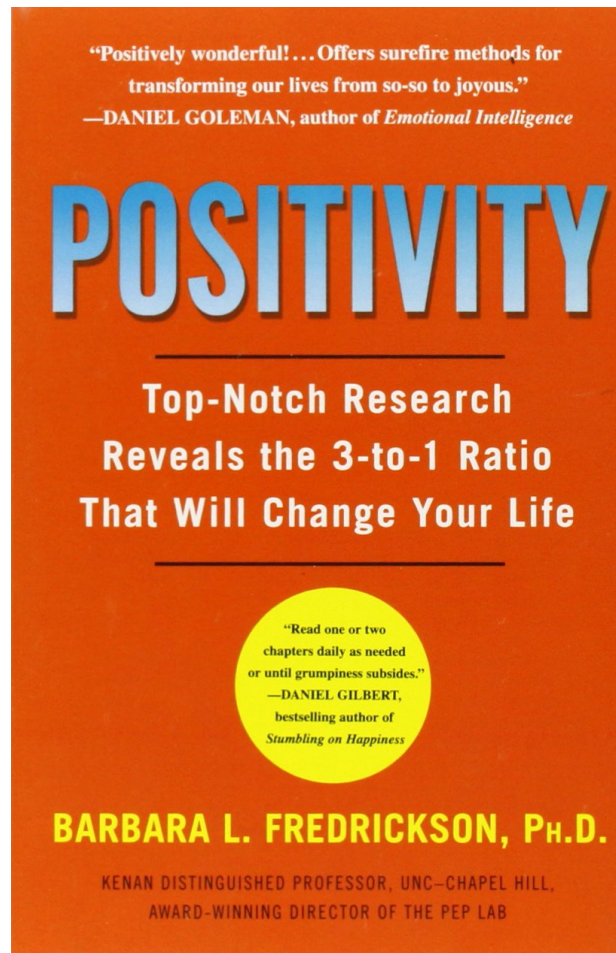
“It is hard to say no”

“I’m selfish. They need me.”

“What if I fail?”

“Is it enough? Am I enough?”





“The negative screams at you, but the positive only whispers.”

Barbara Frederickson

Focus on the whole
and
not on the hole



How often do you?



RUMINATE OR
REHASH



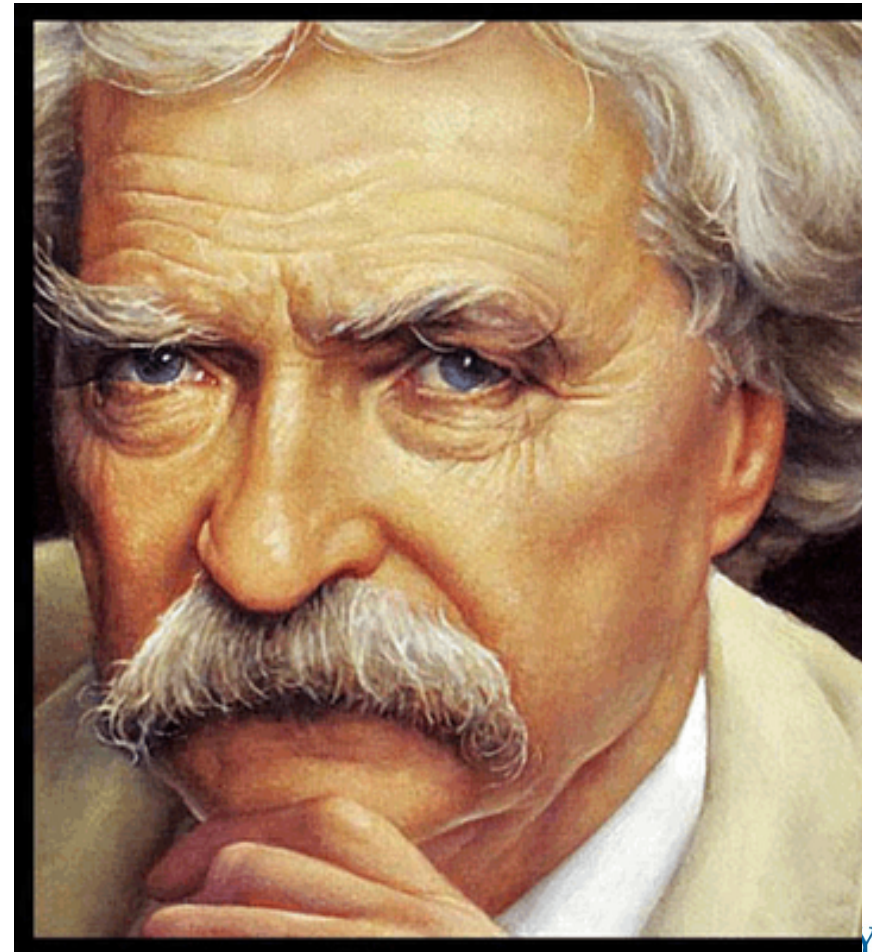
SHOULD



SECOND GUESS

*“I’ve experienced many
things in my life.
Some of them actually
happened.”*

Mark Twain



Strategy 5- Shrink wrap

TODO				
DATE: <input type="text"/>				
FINISH BY: <input type="text"/>				
TOPIC: <input type="text"/>				
No.	TASKS	DONE	ERRANDS	DONE
01				
02				
03				
04				
05				
06				
07				
08				
09				
10				
No.	CORRESPONDENCE	DONE	NOTES	
01				
02				

- Reduce your to do list
- Prioritize your top 3 priorities
- Budget your cognitive resources wisely

Choice Impacts Energy

- ✓ When we feel at choice and in control, we feel more in balance
- ✓ You choose where you put your energy
- ✓ Action increases energy



UNDERSTAND THAT DEALING
WITH LIFE IS REALLY A
MATTER OF PERSONAL CHOICE,
SO CHOOSE TO BE HAPPY.
FIND JOY IN THE SIMPLEST
THINGS, AND SEE BEAUTY IN
EACH PERSON YOU MEET.

WWW.LIVELIFEHAPPY.COM

My Action Plan



- My biggest takeaway from today was:
- The one thing I will implement after today is:
- Barriers to accomplishing this might be:
- To overcome it I will need:
- The support I will need is:
- I will start this by



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