

The Energy Plan

Physical Energy

One Thing I need to do to generate Physical energy:

One area I need to work on the most:

☐ Health ☐ Exercise ☐ Sleep ☐ Rest

Emotional Energy

One Thing I need to do to generate Emotional energy:

One Thing I need to do to replace negative thoughts with positive thoughts:

Mental Energy

One Thing I need to do to generate Mental energy:

One Thing I need to do to make sure I regularly learn new things:

Spiritual Energy

One Thing I need to do to generate Spiritual energy:

One spiritual practice I need to build into my life:

Your results will only multiply when your energy does - because sustainable productivity isn't powered by pushing harder, it's powered by renewing deeper. An **Energy Renewal Plan** is a simple way to avoid burnout by getting intentional in four key areas: **Physical, Emotional, Mental, and Spiritual Energy**. Instead of vague goals, you choose *one clear action* to generate energy in each category. When you renew on purpose, you stop running on adrenaline, you start showing up with strength, clarity, joy, and focus - and you build the reserves that help you stay consistent, finish well, and keep multiplying your impact for the long haul.

High performance can be sustained when you keep your energy levels topped up.