

# Energy Management

(remember to let it be easy!)

## Welcome to Walk Tall session 3!

Support  
vs  
Drain

Plan  
then  
Do

Listen  
to  
your  
body

# Housekeeping

Be comfortable (without falling asleep!)  
use headset, speaker, or whatever you use that's hands free

I'm recording this

Q&A box to send message to me during class.  
Chat box to send message to other participants.

Mute yourself, please.

# Open Office Q&A

Fridays 11am - 12pm

## Notes from last week

Did you:

1.Highlight what you'd like to implement.

2.Pick the top 3 (and write them on the  
Action System subject page)

3.Focus on the Top 1 (for the week)

# Notes from last week

the muy importantes

1. Decide on your ToDo Manager.
2. Set up your ToDo Manager.
3. Learn and use your ToDo Manager.
4. Make ToDos: Single Next Actions.

# our playing field

**When** you do stuff **and**  
the **mindset** with which you do it.

# Avatar

*Listen  
to  
your  
body*

Listen  
to  
your  
body

# Your Avatar

Engages your left and right hemispheres.

It informs:

your decisions, priorities, &  
way of being in the world.

It's a connection to  
your spirit, and therefore,  
to the Universe.

It's That Important.



# Your Avatar

It's a connection to  
your spirit, and therefore,  
to the Universe.

Relax  
&  
Listen

# Jedi Mind Tools

Support  
vs  
Drain

Plan  
then  
Do

Listen  
to  
your  
body

# The Point

**1. your success**

**2. your well-being**

**3. your presence**

# Walk Tall - Energy Management

1. Jedi Mind Tools
2. Time Containers
3. Time Map
4. The Daily Flow
5. Self-care

Do

\*

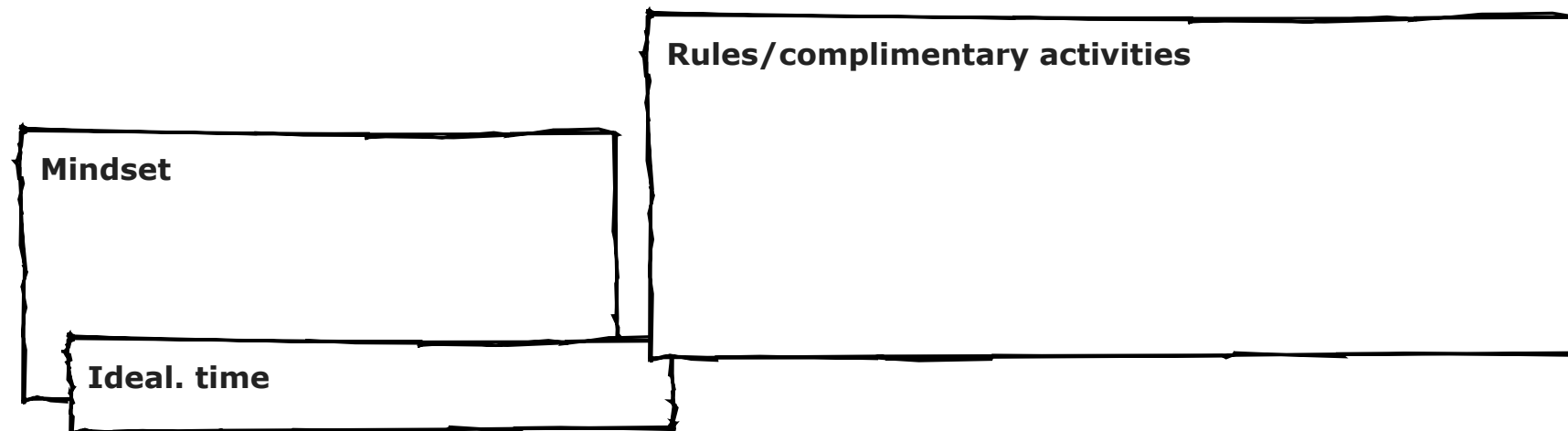
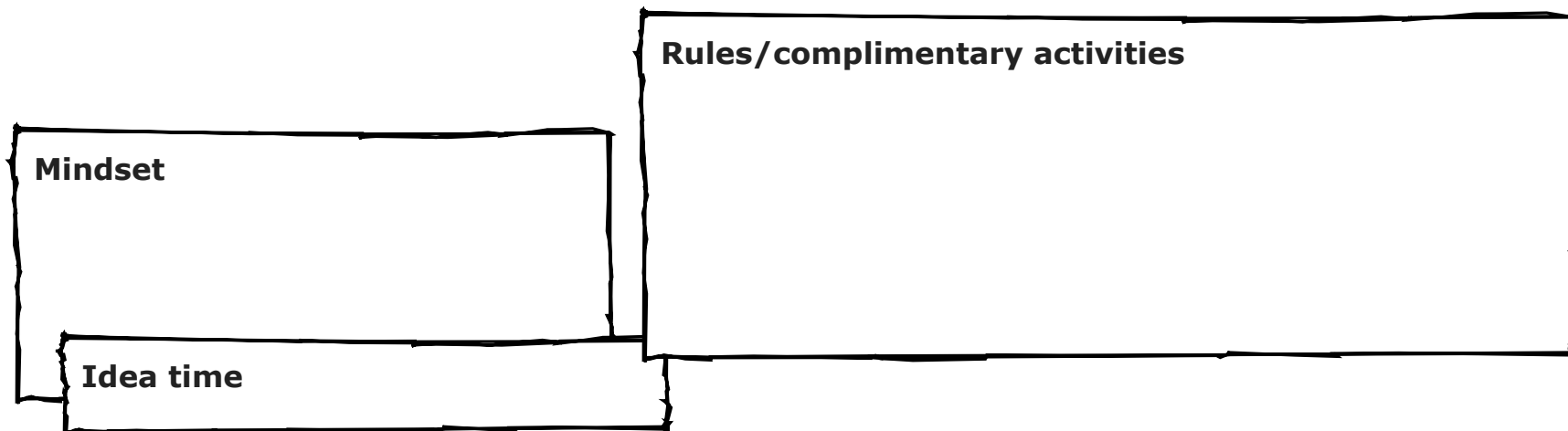
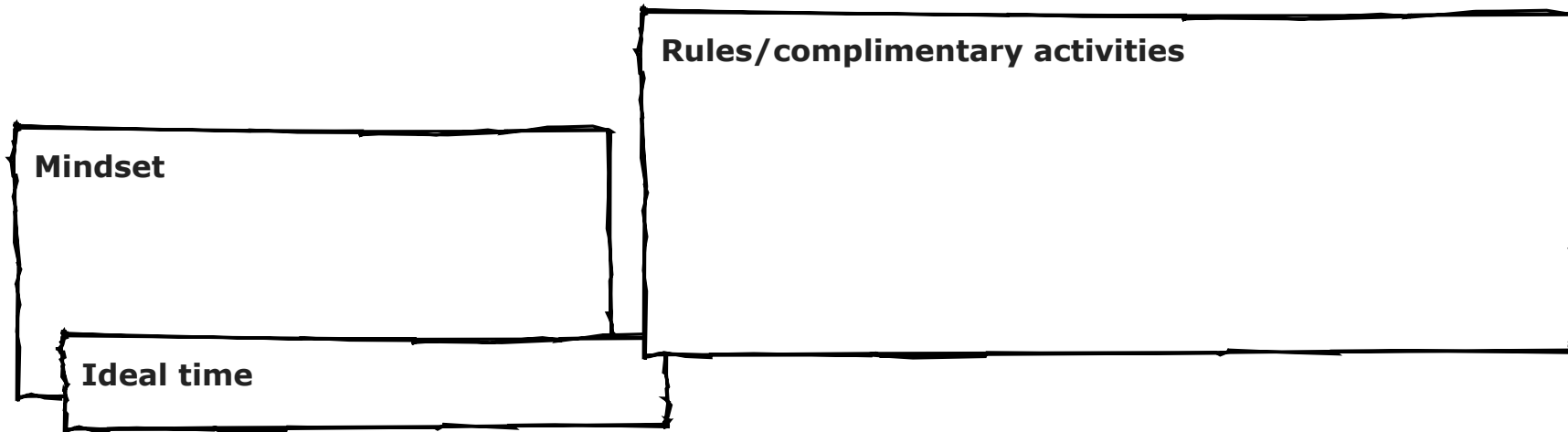
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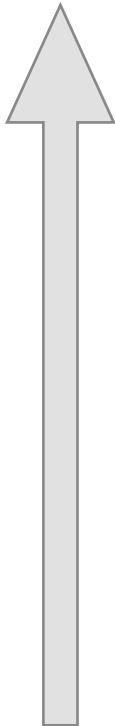
# Time Containers



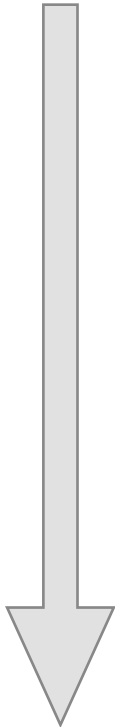
# Time Containers



**high brain juice**



**low brain juice**



**high brain juice** \_\_\_\_\_

**med brain juice** \_\_\_\_\_

**low brain juice** \_\_\_\_\_

# Time Map

*For your scheduling guidance  
and day planning ease.*

**7am**

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**8**

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**9**

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**10**

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**11**

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**12pm**

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**1**

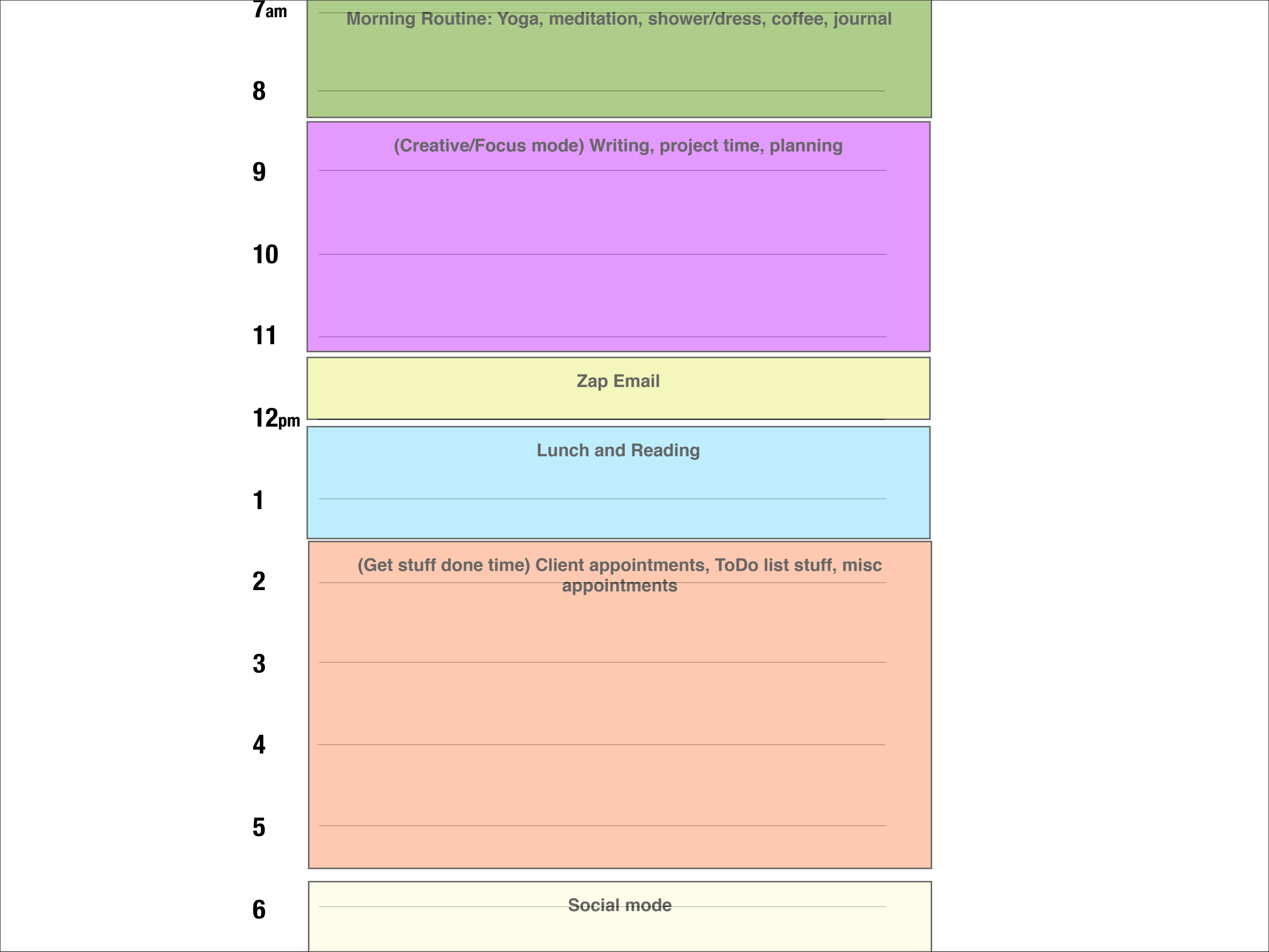
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**2**

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**3**





# Your Daily Flow

What're your drains?

- \* Transitions
- \* Distractions
- \* Negative self-talk

# Self Care

Relax  
&  
Listen

**Breathe**

Self Care

Bed Time

Screen off time  
(incl. all things  
that go beep)

Afternoon reset

Rest

Decompress routine or supportive activities

Snacks

Nourish

Lunch

Dinner

5 min

Fave exercise that you don't do much

Exercise + \_\_\_\_\_

Exercise

# Self Care

Bed Time

Screen off time  
(incl. all things  
that go beep)

Afternoon reset

# Rest

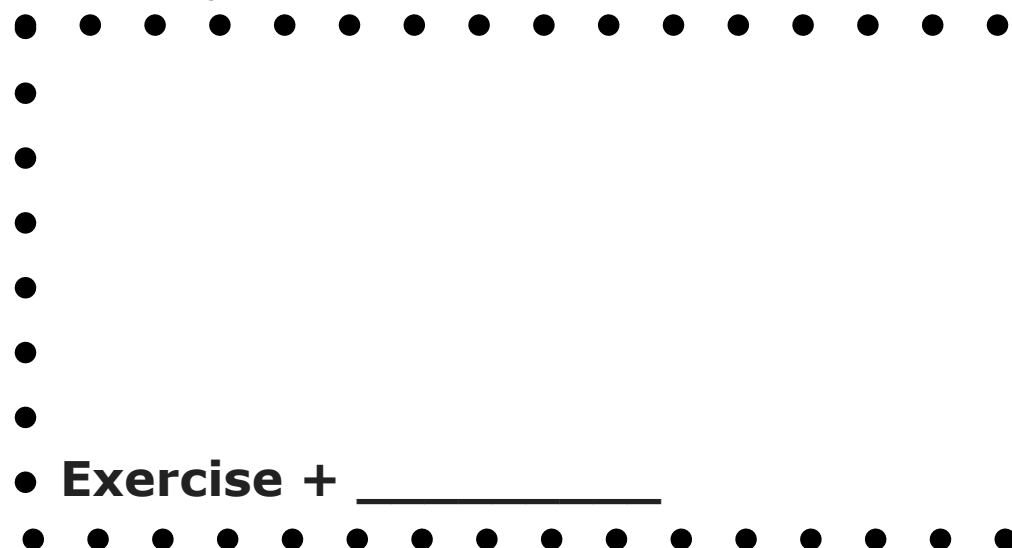
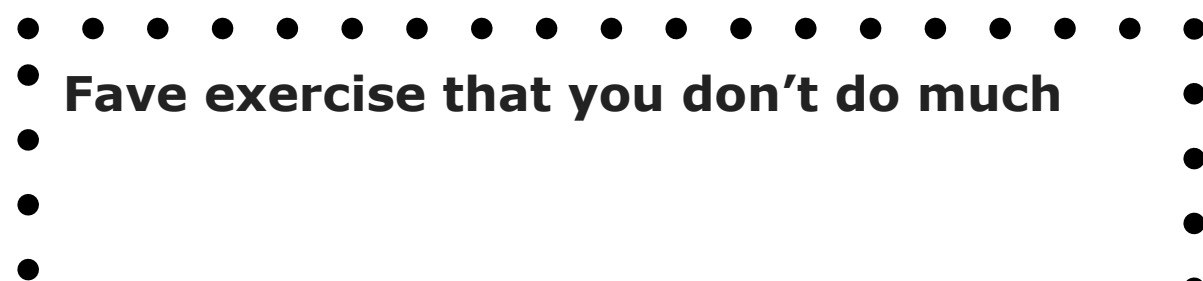
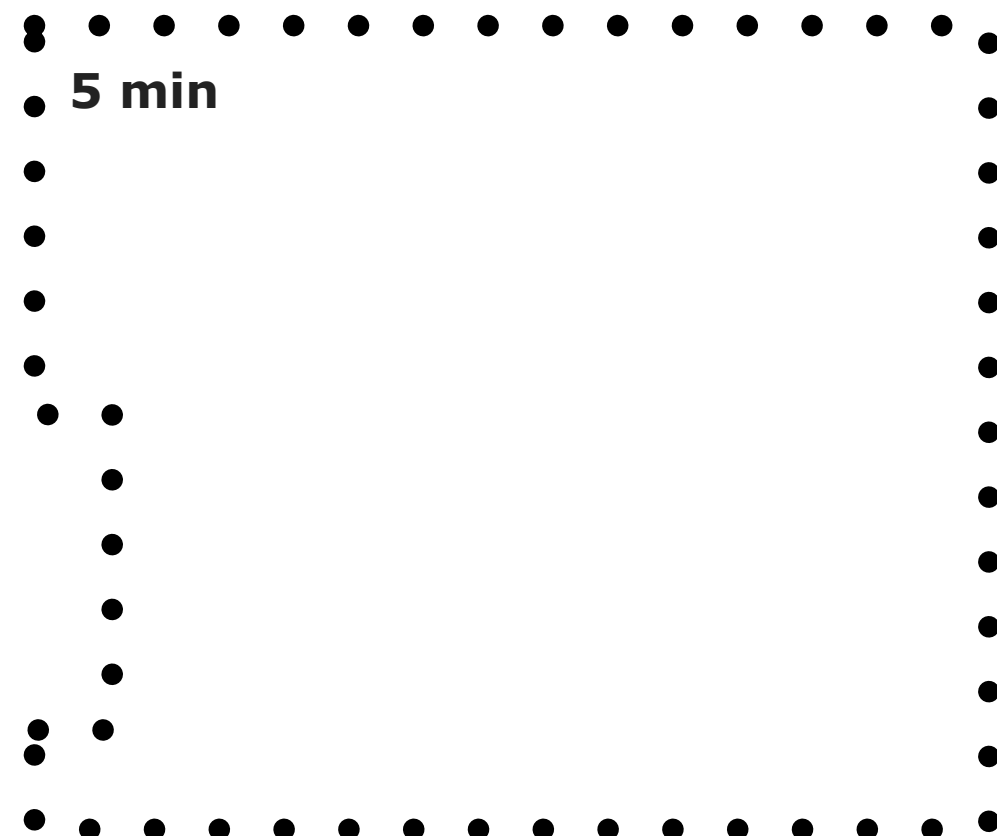
Decompress routine or supportive activities

# Nourish

**Snacks**

**Lunch**

**Dinner**



# Exercise





For the RAP Session:

ToDo Manager

Project List

Schedule

Catch ya at the Open Office  
call on Friday!

Let it be easy.



Resources at

[www.NaturalProfessional.com/walktall](http://www.NaturalProfessional.com/walktall)