



Welcome to Session 3 of your **Work At Home Training Course**.

In this session, we are going to focus on personal energy-management.

If you agreed with 5 or more statements from the **Energy-Management MindSET Type** on the **My Work From Home Quiz**, then this session will help you to strengthen your Energy-Management MindSET.

We'll be discussing the 7 Key Life Segments and how you can use them to reboot your energy levels and reinvigorate your enthusiasm for the future you want.

So let's go straight to **Session 3: Energy-Management MindSET**.



First, let's define **good energy-management**:

In a word, good energy management is a *choice*.

Disregarding any chronic illness, your current mental and physical energy levels are the result of the personal and professional choices you have made up until this point in time.



As Leslie Rose McDonald puts it, personal energy management is:

***“A conscious approach to everyday choice-making which supports sustained energy, vitality, productivity, and calm.”***

“Choice-making” is a conscious process.

It is a focus of your intentions to achieve a certain outcome.

For instance, if your intention is to increase your effectiveness as a work-at-home father (which, as a student of this course, I'm sure it is), then “sustained energy, vitality, productivity, and calm” are essential factors in achieving that intention.



One of the best strategies for personal energy-management will be the focus of this session.

That strategy is what I call "**REBOOT**",  
and there are 2 parts to this energy-management strategy:

- 1. Energy drains**
- 2. Energy fuels**

We will now discuss energy drains and energy fuels in relation to your 7 Life Segments and how you can use them to reboot your energy levels and reinvigorate your enthusiasm for the future you want.



## The 7 Life Segments



RECAP: The things you do on a day-to-day basis as a work-at-home father can be divided into 7 Life Segments, such as:

1. Family & Relationships
2. Career & Work
3. Money & Finances
4. Health & Wellbeing
5. Learning & Education
6. Fun & Adventure
7. Spirituality & Ethics

These 7 Life Segments are the main areas in which you can focus and set goals to achieve throughout each phase of your life.

However, they can also be the main areas that drain your energy levels.



### Your Weekly Task for Session 3: Energy-Management

1. Rate your energy levels in each of your 7 Life Segments on a scale of 0-10 (where 0 is the lowest and 10 is the highest).
  - For instance, you might rate Family & Relationships as 9 or 10, but Money & Finances as 3.
  - Do this for all 7 segments.
  
2. Next, rank each key life area or segment in order of **lowest energy levels** from 1-7 (i.e. lowest energy segment = 1, highest energy segment = 7) and give your reasons for each ranking:

<u>Life Segment</u>	<u>Reasons for Energy Rank</u>
Example: 1. Family & Relationships	There are people in my life who continually drain my energy.
1.	
2.	
3.	
4.	
5.	
6.	
7.	



3. Now write down your Action Plan to stop or reduce your energy drains over the next week, starting today:

<u>Life Segment Energy Drain</u>	<u>Action Plan</u>	<u>Day &amp; Date</u>
Example: Family & Relationships	To minimise contact with people who drain my energy.	Monday to Friday
1.		
2.		
3.		
4.		
5.		
6.		
7.		



4. Now that you have an Action Plan to 'stop the energy bleeding', you might like to consider an Energy Plan to boost your energy levels.

- Think of the activities in each Life Segment that give you energy and write down your Energy Plan to boost your energy levels over the next week, starting today:

<u>Life Segment Energy Drain</u>	<u>Action Plan</u>	<u>Day &amp; Date</u>
Example: Family & Relationships	Spend more time with positive people who support me.	Monday to Friday
1.		
2.		
3.		
4.		
5.		
6.		
7.		





These energy 'goals' are what you will be working toward over the next few weeks, months, and even years.

So the important point is not to rush this task but to get it right, and then put it into action.

**Here are some resources and further reading to help you with this task.**



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