



Today's Quote:

This art of resting the mind and the power of dismissing from it all care and worry is probably one of the secrets of energy in our great men.

- J.A. Hadfield



How aware are you of your own **performance reserve**?

Running on Empty

By Jaya Krishnan

Gasoline prices have come down from the frenzied peaks of 2005 but they still remain alarmingly high. For most of us, it means that the cost of our daily transportation eats into a substantial part of our household budget, compared with just a few years ago. Some of us may have changed our behavior as a result. Perhaps we try to conserve gasoline by taking alternative modes of transportation, or perhaps we try to combine our errands and outings so as to minimize unnecessary trips in the car. Or perhaps we simply become acutely aware of how important gasoline is for us to keep our daily lives operating smoothly.

Despite prices of gasoline, we would never think of "going without". How many of us would get into a car with an empty tank and head off on a long drive without first stopping to fill up with gas? Silly question – we wouldn't think twice about it because we *know* that we wouldn't be able to make the journey. Yet, when it comes to our *personal fuel tanks*, how often do we really replenish our energy stores before we embark on our (often arduous) personal journeys? The food we put into our mouths is only one ingredient of the performance fuel that keeps us moving in life. Physical challenge, mental stimulation, spiritual calmness and emotional rejuvenation – these are all crucial elements in our *performance reserve*. We often undervalue them or overlook them but just like the gasoline, we simply cannot finish our journey without them – we might be able to begin it, but somewhere along the way, we're likely to sputter and break down.

How aware are you of your own performance reserve and what do you do to replenish it?

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Leader's Toolkit:

Understand the situations that drain or boost your energy by keeping an **Energy Log** for one week.

Note down the instances when your energy levels are particularly high or low.

Describe circumstances:

- What were you doing?
- Where were you?
- Who were you with?
- What time of day was it?
- What were you eating?
- What physical activity did you undertake?

What patterns do you notice?

We cannot always avoid the things that drain energy from our lives but being aware of our energy cycle tells us when we're likely to run low and when we'll need to stop to replenish.

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