

Energise

2017



Success
Starts
Within

Fit

inner

Developing well-balanced,
inwardly strong, and
outwardly focused people
who make great choices.



“Inner Fitness provides the
Foundation for optimal performance
and wellbeing”



Its **ENERGY** that
makes your
world go round!





Time | Energy

Managing your **energy**, not
time is the key to
performance and personal
success.



“**TIME** has value only in its
intersection with **ENERGY.**”

Jim Loehr



Every thought, feeling
and action has an **energy**
consequence.



What would my life be like if I had more
energy?

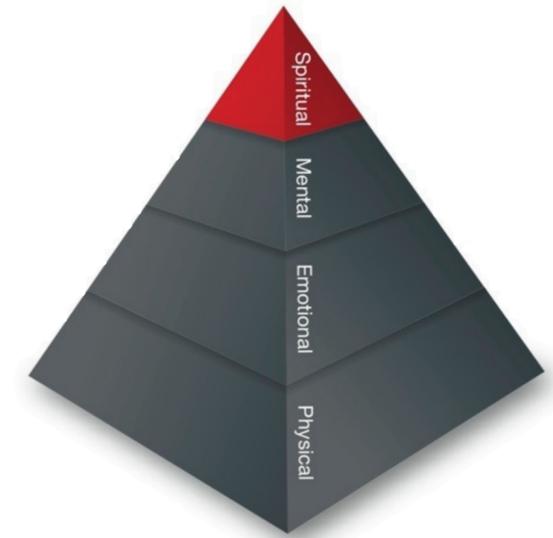
What could you do with it?



“**ENERGY** is the currency of
high performance”

Jim Loehr



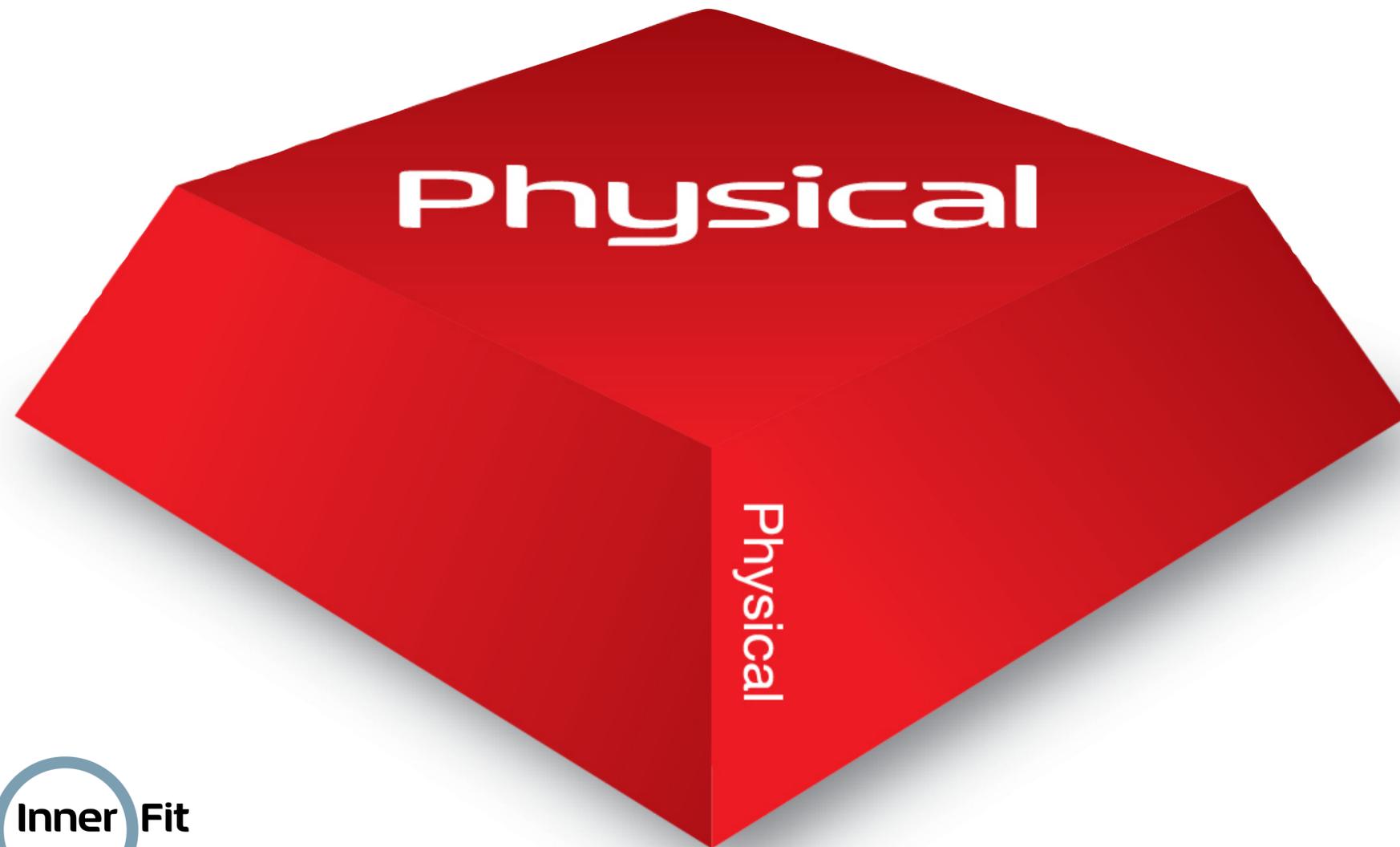


Your energy is found in
four
potentials.



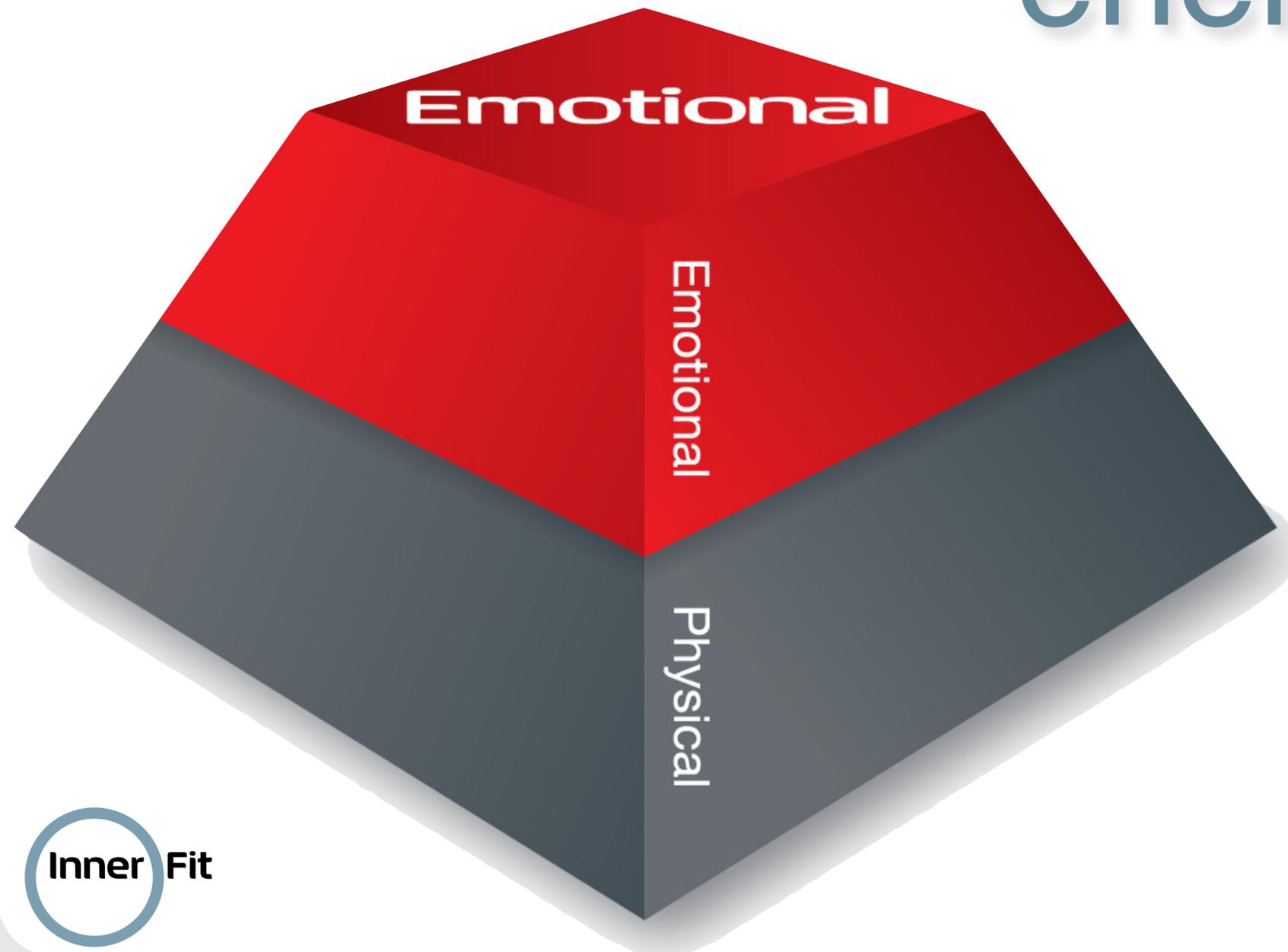
PHYSICAL

Foundational Energy



- Glucose
- Oxygen
- Hydration

EMOTIONAL energy



- Feelings
- Emotions
- Mood

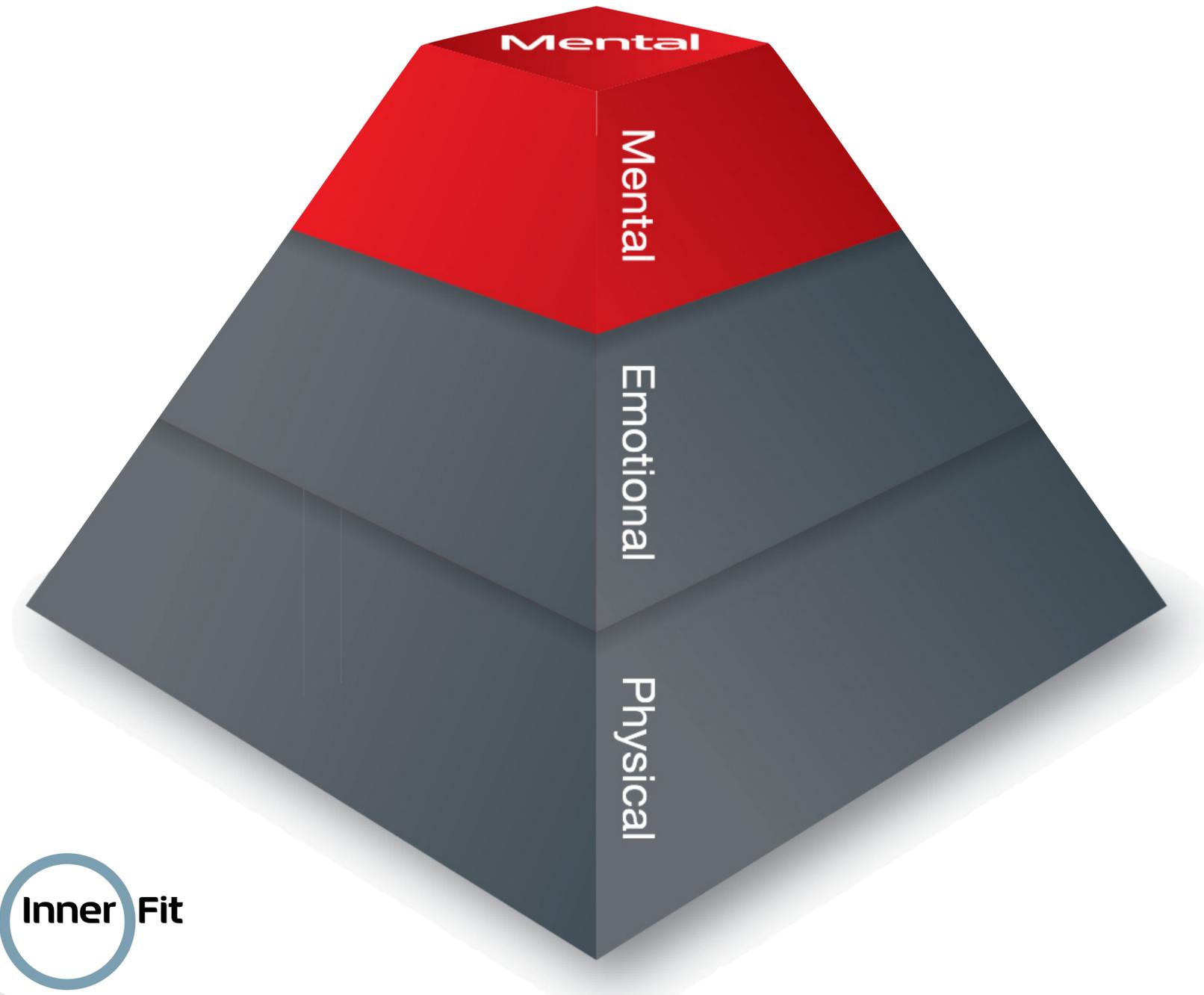


What are the things that **drain**
you of energy?



How frequently do you
experience a sense of joy or
deep satisfaction?

Mental energy



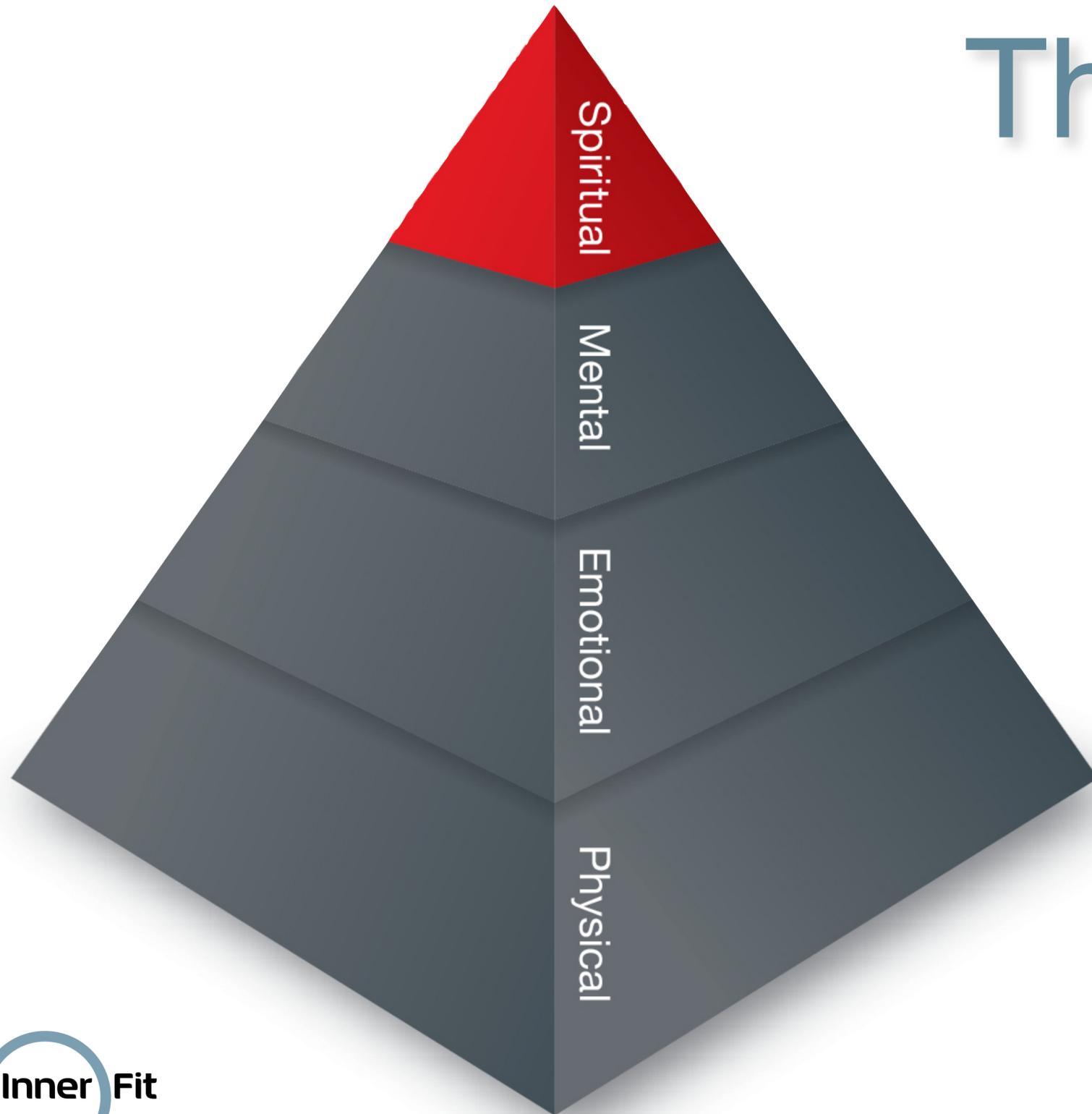
Focus
Cognition
Alertness



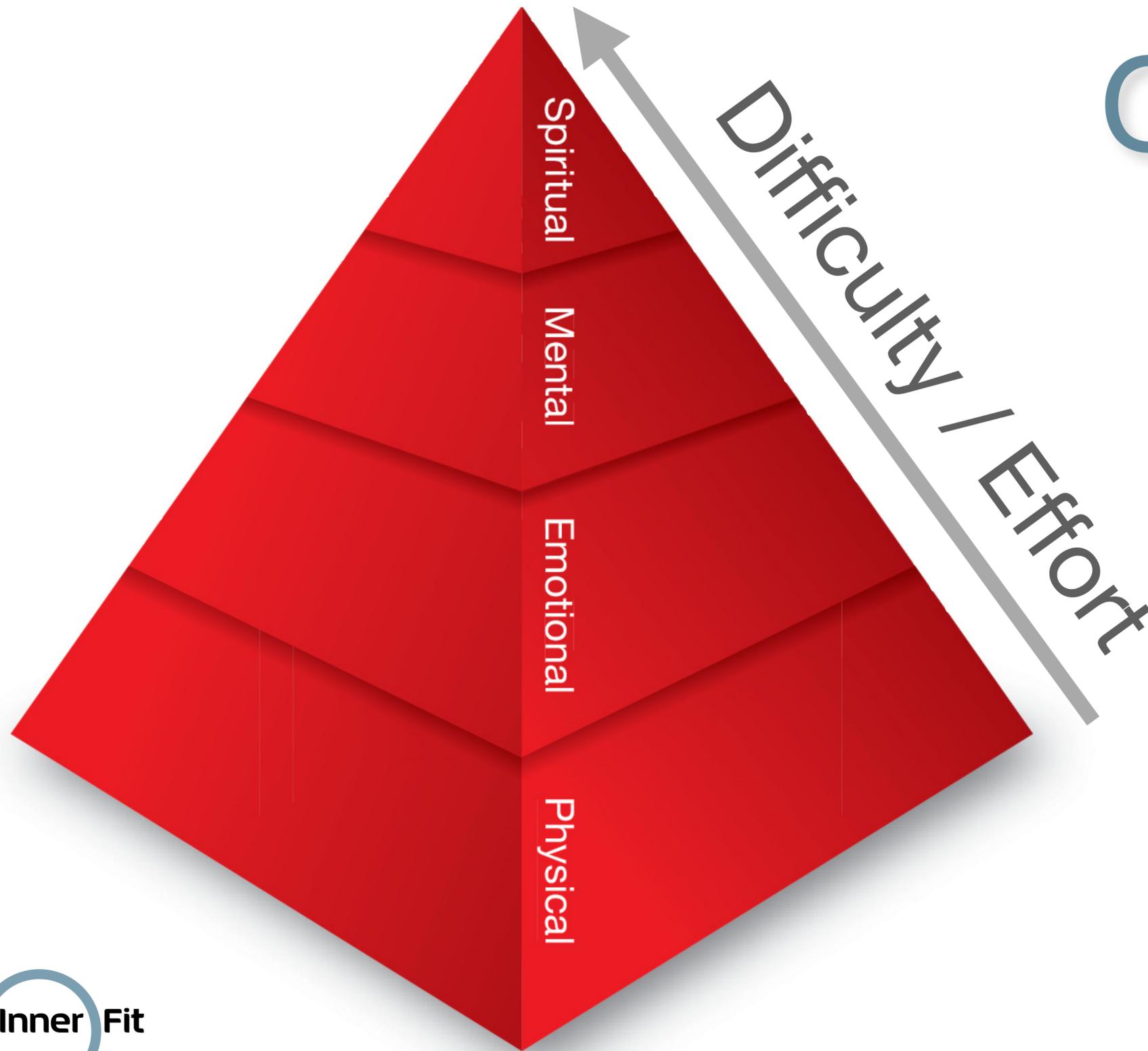
What are the things that **waste**
valuable energy?

The energy of Purpose

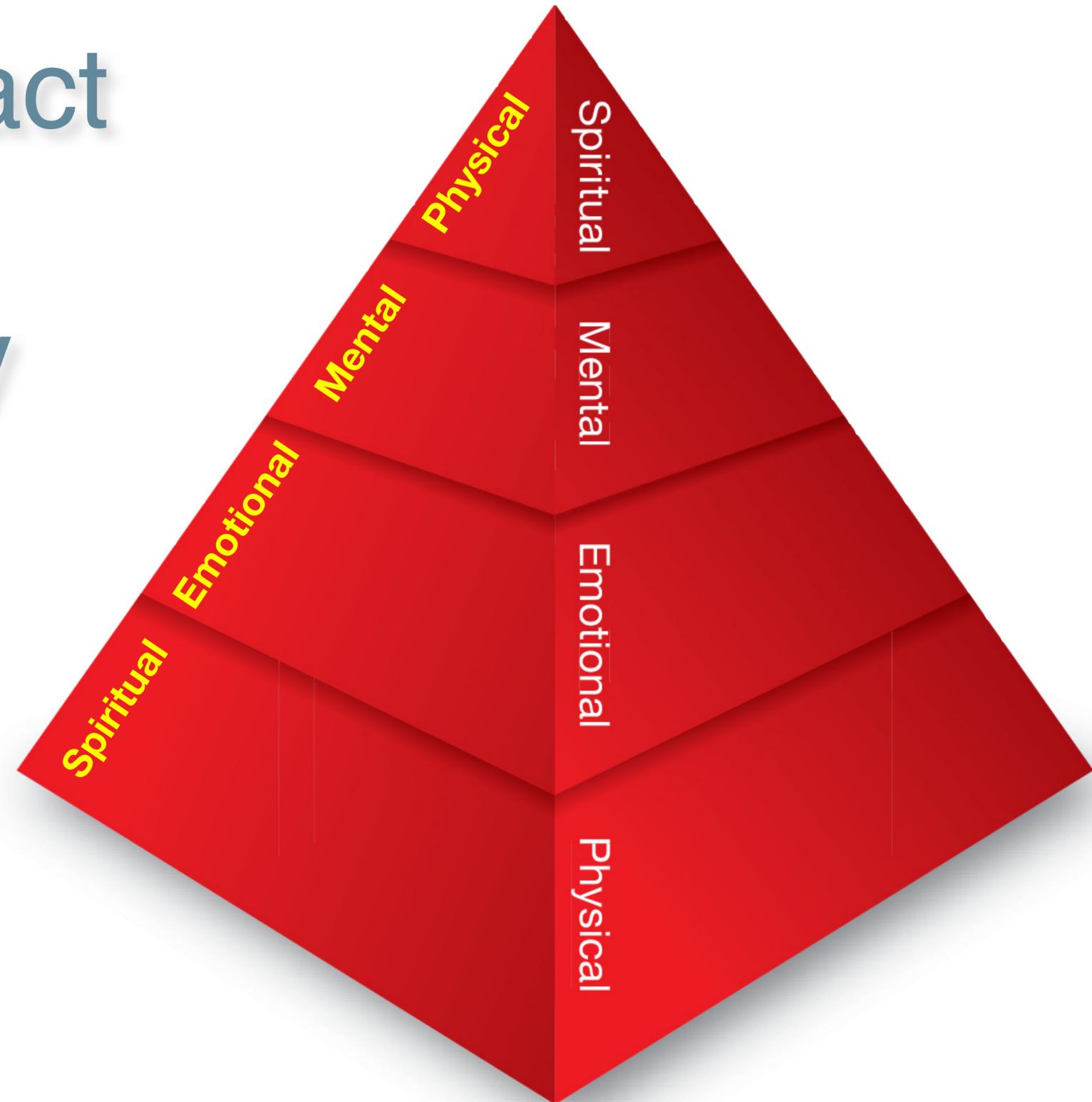
The WHY ?



Optimal energy potential



Our greatest impact
is found in
Spiritual Energy



“He who has a why to
live can bear with
almost any how”

Victor Frankle





How well are you managing
your energy?

Personal Energy Survey

InnerFit NZ acknowledges Tony Schwartz and Catherine McCarthy from The Energy Project for content of this survey.

Personal Survey



Are you headed for an energy crisis?

Name:.....

Date:.....

Please tick the statements below that are true for you.

Physical

- I don't regularly get at least seven to eight hours of sleep, and I often wake up feeling tired.
- I frequently skip breakfast, or I settle for something that isn't nutritious.
- I don't work out enough (meaning cardiovascular training at least three times a week and strength training at least once a week).
- I don't take regular breaks during the day to truly renew and recharge, or I often eat lunch at my desk, if I eat at all.

Emotions

- I frequently find myself feeling irritable, impatient, or anxious at work, especially when work is demanding.
- I don't have enough time with my family and loved ones, and when I'm with them, I'm not always really with them.
- I have too little time for activities that I most deeply enjoy.
- I don't stop frequently enough to express my appreciation to others or to savour my accomplishments and blessings.

Mental

- I have difficulty focusing on one thing at a time, and I am easily distracted during the day, especially by e-mail.
- I spend much of my day reacting to immediate crises and demands rather than focusing on activities with long-term value and high leverage.
- I don't take enough time for reflection, strategising and creative thinking.
- I work in the evenings or on weekends, and I almost never take an e-mail free vacation.

Spirit

- I don't spend enough time at work doing what I do best and enjoy most.
- There are significant gaps between what I say is most important to me in my life and how I actually allocate my time and energy.
- My decisions at work are more often influenced by external demands than by a strong, clear sense of my own purpose.
- I don't invest enough time and energy in making a positive difference to others in the world.

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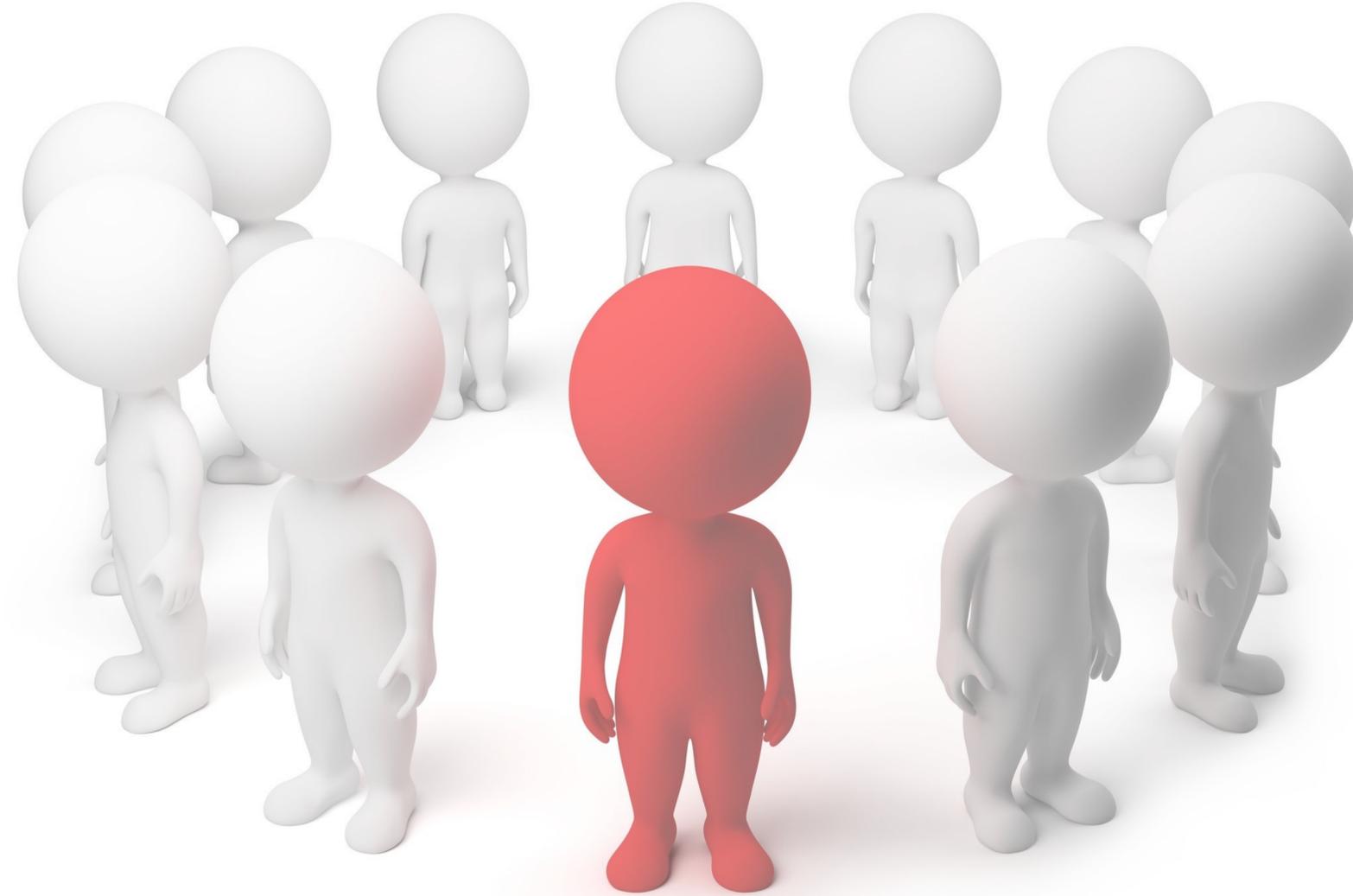


Rating by energy source

Number of ticks in each category:	Score
Physical	4
Emotions	3
Mental	4
Spirit	2
Total number of statements ticked:	13

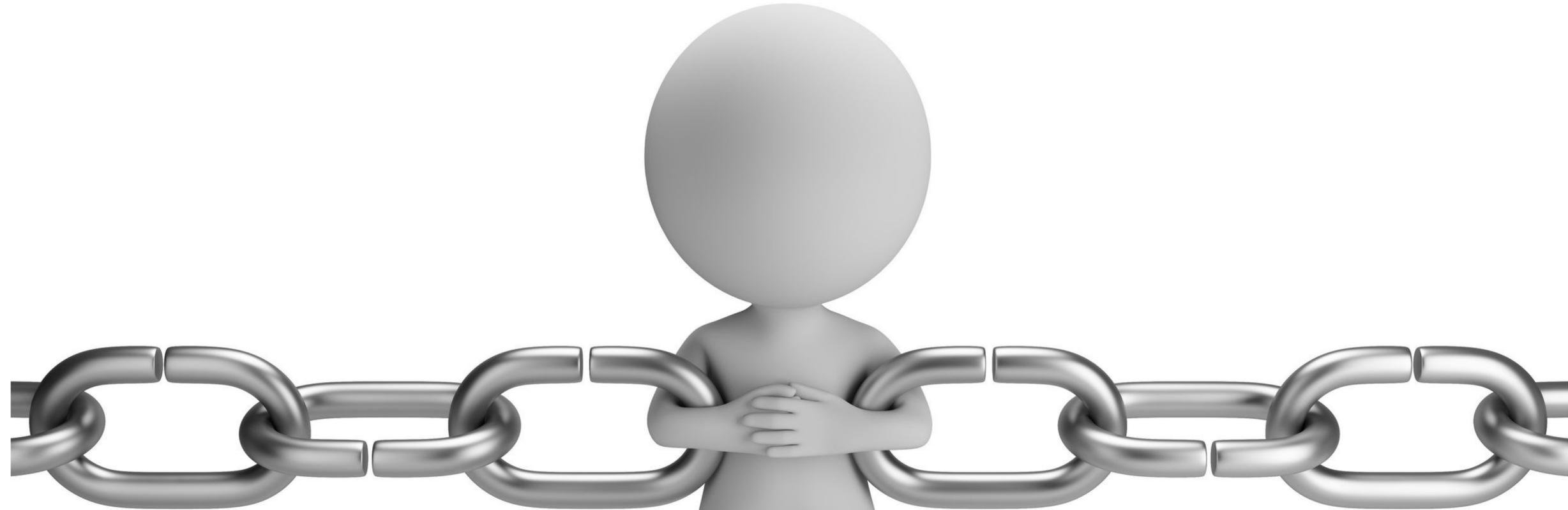
Your overall energy rating:

Number of ticks in each category	Score
0-3: Excellent energy management skills	
4-6: Reasonable energy management skills	
7-10: Significant energy management deficits	
11-16: A full-fledged energy management crisis	X

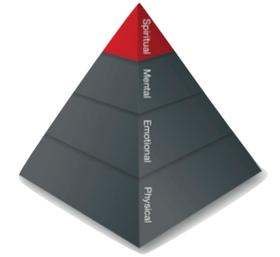


Leaders are the guardians
of corporate energy.

$$10 \times 10 \times 10 \times 10 \times 10 = \underline{100,000}$$



$$10 \times 10 \times 5 \times 10 \times 10 = \underline{50,000}$$

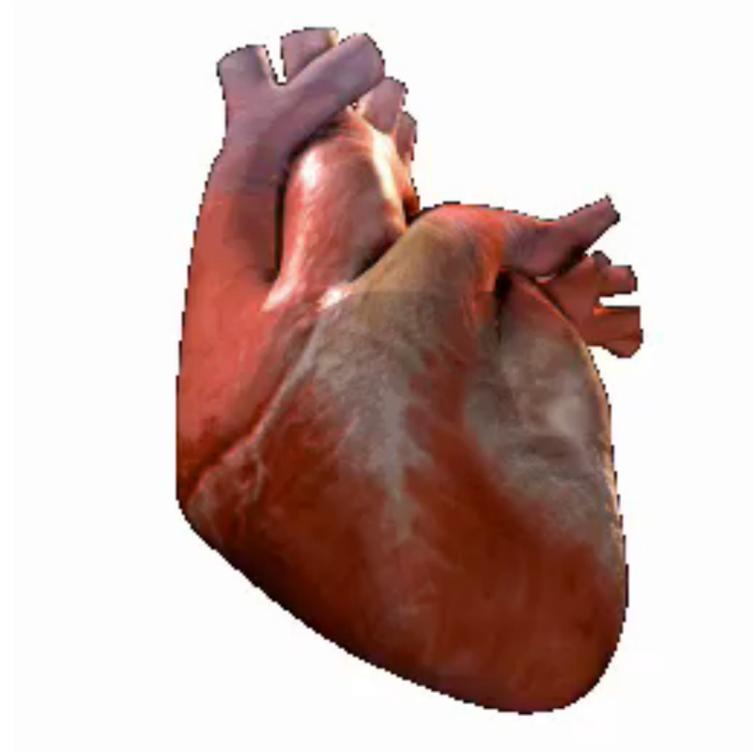


Energy **loss** & leakage

Will rob you of efficiency, performance and wellbeing

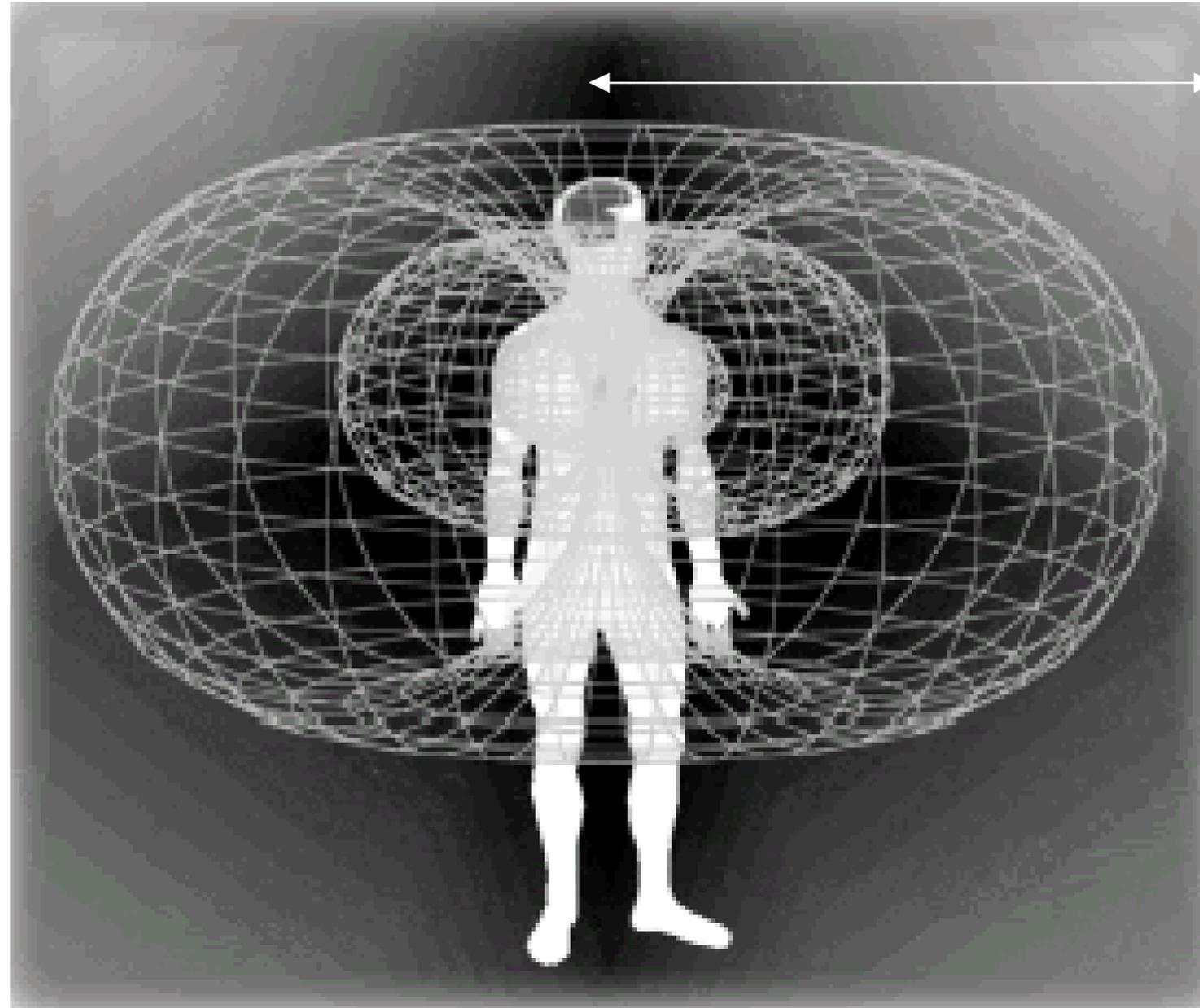


The Heart's intelligence



“A self-organised information processing centre with its own intrinsic nervous system”

Electromagnetic Energy

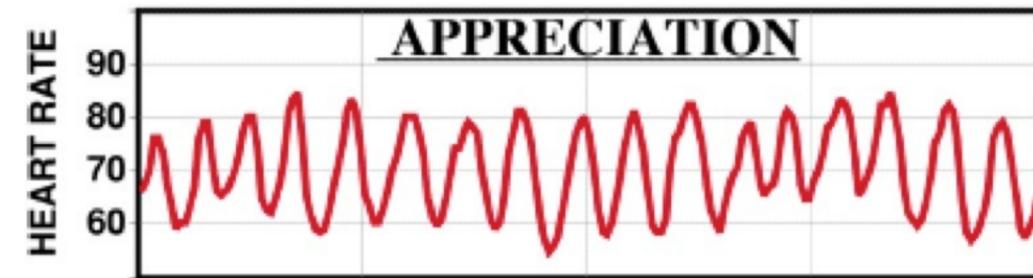


Broadcasts
over
four meters

Heart - Brain Interaction & Cognitive Performance



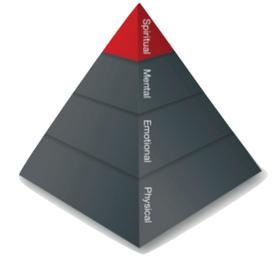
Incoherent



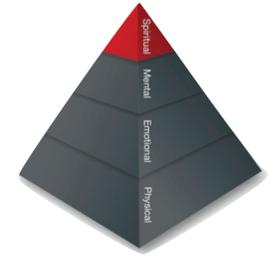
Coherent



Building your energy capacity



Developing Muscle strength



Start of high intensity workout

Over compensation

Increase in strength

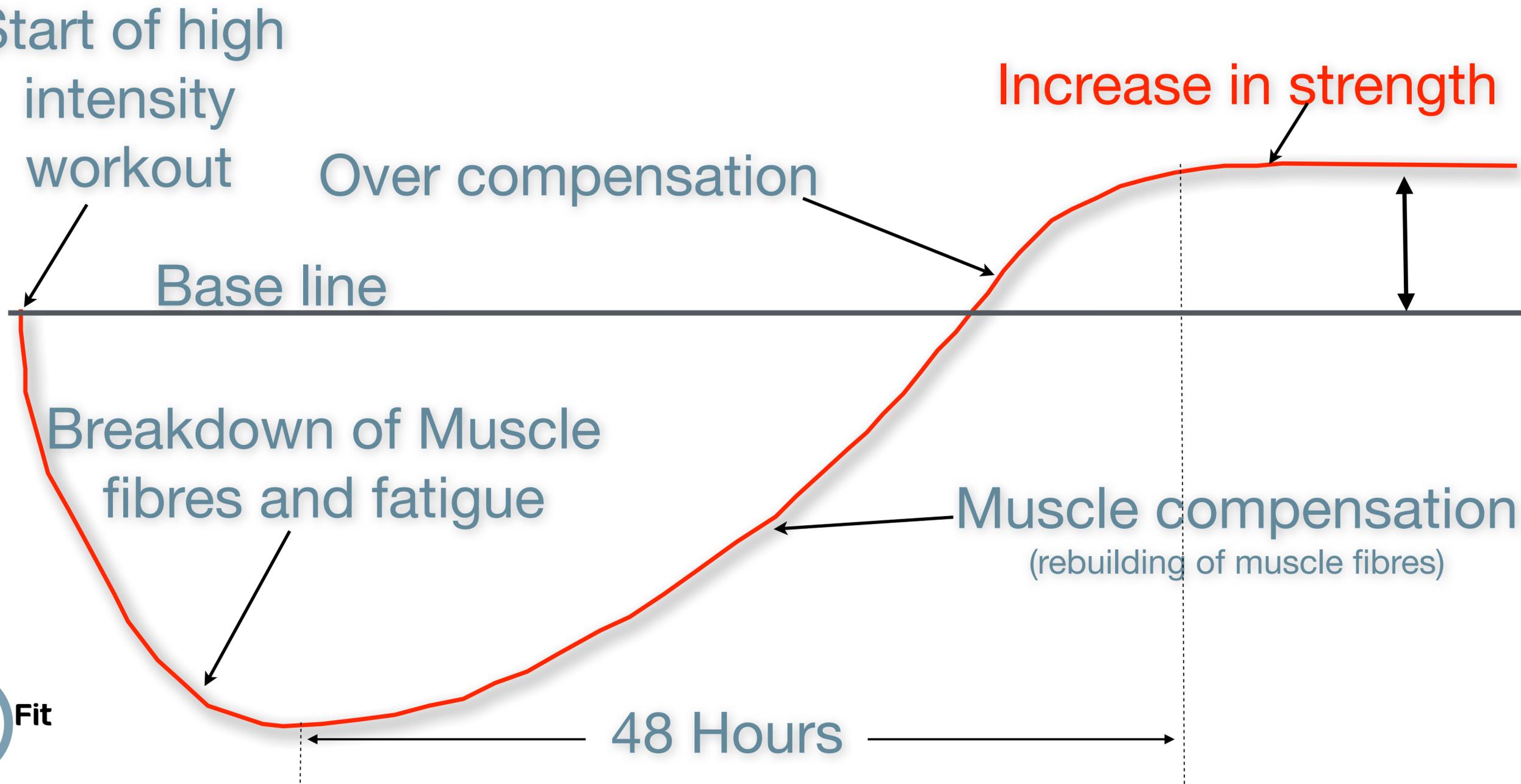
Base line

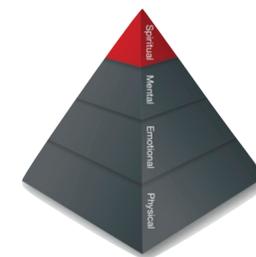
Breakdown of Muscle fibres and fatigue

Muscle compensation
(rebuilding of muscle fibres)

Inner Fit

48 Hours





The value of Rest



*“The opposite of
play
is not work,
its depression”*

Brian Sutton-Smith



How many hours in a week
do you devote to pleasure
and the renewal it provides?

Optimising your energy potential



“Information & Inspiration
without the
perspiration
leaves you with frustration”



Five keys for self improvement.

- Purpose
- Plan
- People
- Practice
- Perseverance

Commitment Card



Name: _____ Date: _____

For this time period: _____

I'm committed to changing: _____

To do that I need to: _____

How often/When: _____

I will stay on track by: _____



Commitment Card

Be very
specific.



Name: _____ Date: _____

For this time period: _____

I'm committed to changing: _____

To do that I need to: _____

How often/When: _____

I will stay on track by: _____

www.innerfit.nz P: 64 9 638 4285 E: admin@innerfit.nz

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Manage your
Energy
and keep
yourself powered up!



Thanks for listening

ken@innerfit.nz



Success Starts Within

PO Box 8437, Symonds St, Auckland 1150 **P:** 09 638 4285 **E:** admin@innerfit.nz **www.innerfit.nz**