# Manage Your Energy Like a Battery

THE BIG IDEA

**Your energy is a battery. Only your body charges it. Your mind, your emotions, and your people all drain it. The goal isn't ending the day with charge left. It's spending it on what matters to you.**

## Where your energy goes

One phase charges the battery. Three spend it.

01 **Physical charges it.**
Sleep, exercise, and diet are the only deposits. Sleep and exercise matter most. Everything else is a withdrawal.

02 **Mental drains it through uncertainty.**
When your brain doesn't know what's coming, it guesses. It guesses doom, not opportunity, and falls back on old habits.

03 **Emotional drains it through old patterns.**
You aren't triggered, you're predicting. Your body replays how the last similar moment felt. A feed full of problems you can't fix drains you too.

04 **Social drains it through the wrong people.**
You become like the people you spend the most time with. Chronic complainers who won't change will pull you into their patterns.

## How to protect it

Charge on purpose. Spend on purpose.

01 **Sleep on a schedule. Move every day.**
Same bedtime, dark cool room, low stimulation before bed. Lift heavy 2 to 3 times a week and move 20 to 40 minutes daily. A walk counts.

02 **Make your days predictable.**
Keep a steady schedule with time for creative work. Name where you feel unsure. Prevention beats cure.

03 **Face the hard feeling, then talk about it.**
Name the old pattern, feel it, and share it with someone. Repeat until scary stops feeling like a threat.

04 **Limit what you let in.**
Not every problem is your problem, but your brain can't tell. Cut back the screen time instead of arguing with it.

05 **Check who is moving forward.**
Notice who takes ownership and who treats it as a threat. Be patient. You don't have to be cruel.

> "The more open tabs you have on your computer, the faster the battery dies."
>
> Dr. Chris Lee

DO THIS WEEK

- ☐ Pick a bedtime and keep it every night, in a dark, cool room.
- ☐ Walk at least 20 minutes a day and lift something heavy twice.
- ☐ List your three biggest open loops and put a time on the calendar for each.

Ask daily: Did I spend my energy on what matters?