

Ceiling on Desires

ENERGY

Energy

- In contrast to the equal amount of time available to everyone, the amount of energy varies considerably from person to person
 - Whatever our energy level, it should be used in productive pursuits and avoid wasting it unnecessarily.

The source of energy

- The main source of personal energy is the food we eat.
- We also need appropriate levels of sleep, rest relaxation and exercise to maintain our balance and conserve energy.
- Energy use is best utilized by a fit and healthy body.

Personal Energy Wasters 1 – Anxiety and Stress

- Anxiety, stress and tension use vast reserves of our energy, more even than physical activity.
- Instead of merely feeling pleasantly tired, when tense, sleep itself may be disrupted or unrefreshing.
- Idle chit chat, in whatever ever form (both actual and using so called “social” media) wastes both energy and time
- Lacking focus disperses personal energy in a myriad of directions.

Personal Energy Waster 2 – Negative Emotions

- The greatest thief of energy, robbing us of significant amounts of energy.
 - **Anger**, the worst culprit, uses vast amounts of energy
 - **Irritation** and **frustration** are milder forms of **anger**, relating to desires to control situations which may be beyond our control
 - **Resistance** is similar to **anger**, relating to insisting on our own will at the expense of another's
 - **Fear**, **guilt**, **worry**, **indecision** and **procrastination** all block the natural flow
 - **Focusing excessively** on the **past** and the **future** robs inertia.

What about excessive competitiveness?

- Often disguised as ambition or dedication
- Winning at all costs can lead to cheating and undermining of others
- Winning can lead to over emphasis on ego
- Losing can cause resentment and revenge

Celebrating what is right with the world

- Looking for the positive in others
- Showing empathy
- Accepting things that cannot be changed
- Choosing to respond rather than react
- Expressing gratitude

Goals and Objectives

- Do you work to a plan and set priorities?
- Are you a perfectionist?
- Do you expend unnecessary amounts of energy in order to please or impress others?
- Are you a procrastinator?
- Are you an impatient person?
- Do you plan groups of tasks to minimize internal and external energy wastage?

What about external energy usage?

- Outline ways that you could conserve fuel, electricity, water, physical resources of the planet
 - This plan should include simple practical things you might do to reduce your external energy consumption.
 - How might we use less energy with transport?
 -?

Resource Requirements

- List requirements for less energy usage for the following :
 - Personal
 - Technology
 - Finances
 - Household
 - Normal duties

 - Any others?

Risks and Rewards

- Summarize the ways you can reduce your energy wastage and how you might monitor this.
- Estimate expected rewards, personal, societal and for the planet

Key Issues

- Near term
 - Identify key energy wastage areas that need immediate or near-term resolution.
 - Identify consequences of not changing.
- Long term
 - Identify long term energy wastage needing long-term resolutions.
 - Identify consequences of not changing.

If you need help to do this, be specific about any issues that require other resources for resolution.