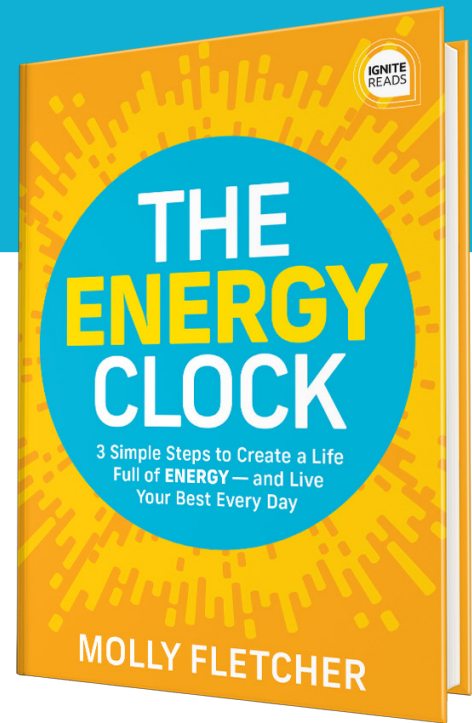


Spark Impact in Just One Hour

Value-Building Experiences
by SimpleTruths.com



A Guide for Creating Balance:

The Energy Clock

By Molly Fletcher

Includes printable worksheet for meeting participants

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***Cut the clutter and busy work from your agenda and only
experience your best and most important moments!***

How?

Prior to your meeting, provide a copy of *The Energy Clock* to each meeting participant and request the participants read the book and come prepared for discussion. The book will also serve as a learning tool and a future resource to reinforce training ideas.

Ask these thought-provoking questions prior to discussing the book:

1. Where do you focus the majority of your energy during your work day?
2. Where do you focus the majority of your energy during your personal time?

BOOK DISCUSSION QUESTIONS

1. AUDITING YOUR ENERGY

- + In both your personal and professional life, what increases your energy and is meaningful to you?
- + In both your personal and professional life, what decreases your energy?
- + In both your personal and professional life, what are the things that neither increase nor decrease your energy?
- + How can you maximize those situations that increase your energy?
- + Of those items that decrease your energy, are there any you can eliminate?
- + Of those that neither increase nor decrease your energy, how can you be more efficient?

2. SEEKING THE IMPORTANT

- + What are some of the things you can control in your life?
- + What are some of the things you cannot control in your life?
- + In your work life, what do you want most? Are you putting your energy towards this?
- + In your personal life, what do you want most? Are you putting your energy towards this?
- + Think about a current issue you are having at work. Will this matter to you next year? Will you remember it in five years?

- + Think about a current issue you are having in your personal life. Will this matter to you next year? Will you remember it in five years?
- + What are some of the main distractions
 - During your work day?
 - During your personal life?
 - How can you remove some of these distractions?



3. SETTING YOUR ENERGY CLOCK

- + Have you ever solved a similar problem more than once?
 - What can you do to make sure it doesn't happen again?
- + What habits are currently working for you?
 - What systems keep those going?
 - How can you invest energy into keeping them going?
- + Think about those things that drain your energy. What can you do after those activities to increase your energy?

The Energy Clock shares the practical tools you and your team need to prioritize your time and achieve a mindset that can withstand pressure.

Create true balance and finally achieve focus, flow and ultimate freedom.

Contact us to learn more or tell us about how this Discussion Guide sparked impact for you and your team!

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