



The Energy Plan

Hey! It's great to meet you. I'm Helen, Mum of two, and passionate entrepreneur. I enable Mums to build a business and life of their dreams. I guide them to get clarity on who they are and who they want to serve, gain the confidence to make it happen, and find balance and calm in the chaos!

I created this tried and tested planner because I know as a Mum of two young children just how difficult it is to keep track of everything you need to achieve in a day whether you are in a day job, at home with the kids full time, or starting your own business. I also know that using traditional planners that measure every minute of every hour just don't cut it for busy multi tasking Mums. I bought dozens when launching my first business and working my corporate job. They didn't hold me accountable, ended up gathering dust, and I felt more scattered than ever! The energy plan is completely different. It is born out of years of working with leaders in the corporate world to maximise the efficiency of their time, and 4 years as a working Mother and wife who also has a house to run.

What is different?

Unlike traditional planners, there isn't a unit of time in sight. The focus is on energy instead because time is finite but energy is not. Think about a time when you have enjoyed what you are doing so much that it literally flies by? Now think of a time when you were doing something that you didn't enjoy, it went slow as a sloth right? If we organise our day by our energy and are mindful of what drains us, we are likely to be FAR more productive. Doing away with time slots also gets rid of the paradigm that we are slaves to time, when in fact, you are the source of your own time, and it is all relative to you and how much energy you have.

I have provided a little simple key to help you navigate your energy plan so that each day you can get a new sheet (or open up a new doc on your computer if you want to save trees) and start the day with a fresh slate and simple things to complete.

Intention for the week – What one thing do you want to have achieved by the end of this week, and how will you approach it?

Today's energy levels – How are you feeling today? This will determine how you manage your task and who you spend time with!

What will make you fizz – List the tasks or people that will light you up today, give you bags of energy and oodles of productive drive!

What will drain you – Who or what has the potential to sap your energy today? How can you protect your energy with regards to this? To help with this, think physical, emotional, mental or spiritual.

A belief or affirmation that will serve you – What belief or affirmation will serve you and help you get through today given your energy levels? An example might be 'I am a fantastic Mum and my kids love me unconditionally.'

Your vision and why – What is your big life/biz vision? Your reason for doing what you do or dream of doing? List it here and remind yourself of it when the day gets tough!

Your MITs – These are your MOST IMPORTANT TASKS. For each area make a list of the key things that either have a deadline or are very important to you/will help you achieve your vision. I recommend only having a max of 3 in each quadrant. If you have a list of to dos, scrap it. What is most important TODAY!

Your wins – At the end of the day, reflect on what has gone well. Noticing your achievements is excellent in keeping energy levels high and giving you a sense of accomplishment. It also helps to re wire the brain to a happier more positive state.

Your gratitude – Just like your wins, listing what you are grateful for is a delicious exercise in finding bone deep happiness. If you do this for 4 weeks I guarantee you will notice the difference in your general disposition, how you handle stress and the chaos of modern family life.

Your Talisman – This one will probably stay the same, although it can change from time to time. Think about a symbol or object that will help you to keep going. Mine are the scales, reminding me to stay balanced. Keep an image of your Talisman nearby, mine is my screen-saver and wallpaper on my phone!

If you have any questions about how to use the Energy Plan, please join my Facebook group The Tenacious Tribe of Lady Entrepreneurs. You will find a gaggle of like-minded ladies balancing their dreams and family. Feel free to ask any questions about using the plan or join the conversation on many other useful and related topics. I can't wait to meet you in there!

With Love, Helen x

Date

My intention for this week

What will make me fizz?

My Talisman

What will drain me?

My energy today

A belief or affirmation that will serve me today

MIT Family

MIT Me

My vision and WHY



MIT Other

MIT Biz

My wins

I am grateful for

Remember for tomorrow