

## Action Plan for Plugging Energy Leaks

Identify one situation that drains your energy and which technique(s) and strategies you will use for the next two weeks to plug the energy leaks.

### Some examples of typical energy-draining situations:

Meetings	Emails	Financial issues/budget cuts	Sleep disruption
Technology glitches	Making decisions	Dealing with others' mistakes	Inefficient processes
Overload and deadlines	Time pressures	Challenging co-workers, clients	Traffic
Unexpected change	Workplace drama	Balancing work and family	Health challenges

## Worksheet for Plugging Energy Drains

What energy-draining situation, interaction, issue or attitude will I commit to “taking on” for the next two weeks to stop the energy drain?

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What technique(s) and strategies will I use to stop the energy drain?

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When will I use or practice them? \_\_\_\_\_

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How will I remind myself? \_\_\_\_\_

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### Your Tool Box:

Heart-Focused Breathing™

emWave® Technology

Getting In Sync

Inner-Ease™

Prep – Shift and Reset – Sustain

Coherent Communication™

Quick Coherence®

Freeze Frame®

Heart Lock-In®

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# Action Plan for Building Resilience Capacity

Identify actions you can take that will recharge your inner battery and add energy to your system. Commit to them for two weeks.

**Actions to charge your inner battery and add energy to your system:**

- Prep with a coherence technique to set the tone for the day; breathe ease between tasks.
- Find something to appreciate each day; practice patience and kindness.
- Prep by practicing Inner-Ease before a stressful interaction.
- Reset after a stressful interaction by practicing Heart-Focused Breathing.
- Commit to taking out the drama, not overreacting and getting in sync.
- Practice the Heart Lock-In Technique 5-15 minutes 3 or 4 times a week to build a new baseline.
- Practice coherent communication in each interaction.
- Use your emWave® or Inner Balance™ technology to help you learn to sustain your coherence.
- Get adequate, renewing sleep.
- Engage in an activity you enjoy such as sports, gardening, cooking, hiking, a hobby, exercising, dancing, music, volunteering or reading.

## Worksheet for Building Resilience

What actions, techniques or strategies will I use to recharge my inner battery and add resilience to my system over the next two weeks?

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When will I use or practice them? \_\_\_\_\_

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How will I remind myself? \_\_\_\_\_

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