Becoming Your Own Personal Energy Expert: Managing and Expanding Energy & Excellence

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Why Energy?
Human Energy Crisis
Energy is one of our most valuable resources
Demand vs. Capacity

- Capacity
- Demand

Volume

Age (Time) 30

Train

Physical: Quantity

Spiritual: Force

Emotional: Quality

Mental: Focus
Purpose

My Best Self Vision
Best Self Vision

How do you show up for the people you serve?
How do you lead (home or work)?
How do you show up as a friend?
What are some emotions that are present?
How do you live into your values daily?
How do you show up during a disaster?
How do you communicate?
What word(s) describe you when you are at your best?
How do you show up as a parent or partner?
How would you like others to describe you?

What % of time over the last six months has my best self shown up?
Physical Energy: Quantity
Emotional Energy: Quality

Emotional Energy Quadrants

- Energized
- Connected
- Challenged
- Hopeful
- Aligned
- Passionate
- Carefree
- Peaceful
- Relieved
- Mellow
- Relaxed
- Unfocused
- Angry
- Frustrated
- Tense
- Defensive
- Fearful
- Anxious
- Exhausted
- Burned out
- Defeated
- Hopeless
- Sad
- Grieving

Low energy

High energy

Positive energy

Negative energy

High Performance

Stress

Burnout

Recovery
Emotional Energy Recovery Strategies

- Move or go for a walk/exercise
- Practice Gratitude
- Laughter
- Deep Breathing
- Compliment someone
- Call someone you love
- Play with your pet(s)
- Plan your vacation
- Read for fun
- Take a nap
- Get outside or change environment
- Journal
- Talk to a friend
- Shop?
- Clean?
- Yardwork?

Just Breathe
Cognitive Reframing

Creates a different way of looking at a situation by creating a different meaning

A person’s perception depends on the way in which they frame it
What opportunity does this stress provide?

Will you gain any strengths from this experience?

Does this stress allow you to connect with people you normally would not?

Does this stress teach you how to be more emotionally resilient in the future?

Does this stress offer an opportunity to be closer to important people in your life?

Does this stress remind you of what's most important in your life?

Will you learn any new skills from this stress?

What are the positive outcomes of this stress?

Will this stress help you to help others?
Summary:
• Spiritual Energy: Best Self Vision (living with purpose)
• Physical Energy: Movement, Exercise, Nutritionn & Sleep
• Emotional Energy: The Emotional Energy Quadrant for self awareness and self regulation of emotions
• Mental Energy: Skillful Storytelling using cognitive reframing

What’s your one big thing?
Questions?

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