FREE WORKSHOP · VIDEO 3 COMPANION

Your Energy Is Currency

Three exercises to help you see exactly where your energy is going — and start taking some of it back.

> *Every conversation, every meeting, every reaction — it's a withdrawal from your energy bank account. You only have so much to spend each day.*

BEFORE YOU START — YOUR £100 TODAY

Think about yesterday. List everything you spent your energy on that truly mattered to you — big or small. Take your time with this.

1 Audit Your Week

Look back over the last 7 days. Be honest — not everything on your plate actually needed to be there.

Which meetings or commitments did you attend that you genuinely didn't need to be at?

1 Audit Your Week — what can change

Next week, which of those could you opt out of, send notes instead, or delegate entirely? Be specific — name them.

1 Audit Your Week — delegate it

What tasks could you delegate this week — and to who? Think wider than you normally would.

2 Empty the Drains

Negative thoughts, grudges, and lingering tension are like a direct debit you never set up — quietly draining your account. Let's find them, one by one.

List every negative thought, grudge, or unresolved tension currently taking up space in your head — big or small.

2 Empty the Drains — let them go

Now, one by one, go back through your list. For each one, ask: is this worth my time, and is it worth my energy? Picture it leaving your head — like a cloud drifting away, the same way you've practised before.

Which ones are you ready to let go of completely?

> *That energy could be going toward your kids. Your life. Your business. Your career.*

3 Before You React

For the next 7 days, before you snap, shout, or get overwhelmed — pause and ask yourself one question: is it worth my energy?

Write about a moment this week where you reacted before you had the chance to ask that question. What happened?

3 Before You React — looking back

Looking back at that moment, was it actually worth your energy? What would you do differently next time?

4 Report Back — How Do You Feel?

After auditing your week, emptying the drains, and practising the pause — how do you feel, compared to when you started this workbook?

Share How This Went For You

I'd love to hear what you found — which meetings you opted out of, what you let go of, how it felt to ask "is it worth my energy?" before reacting.

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