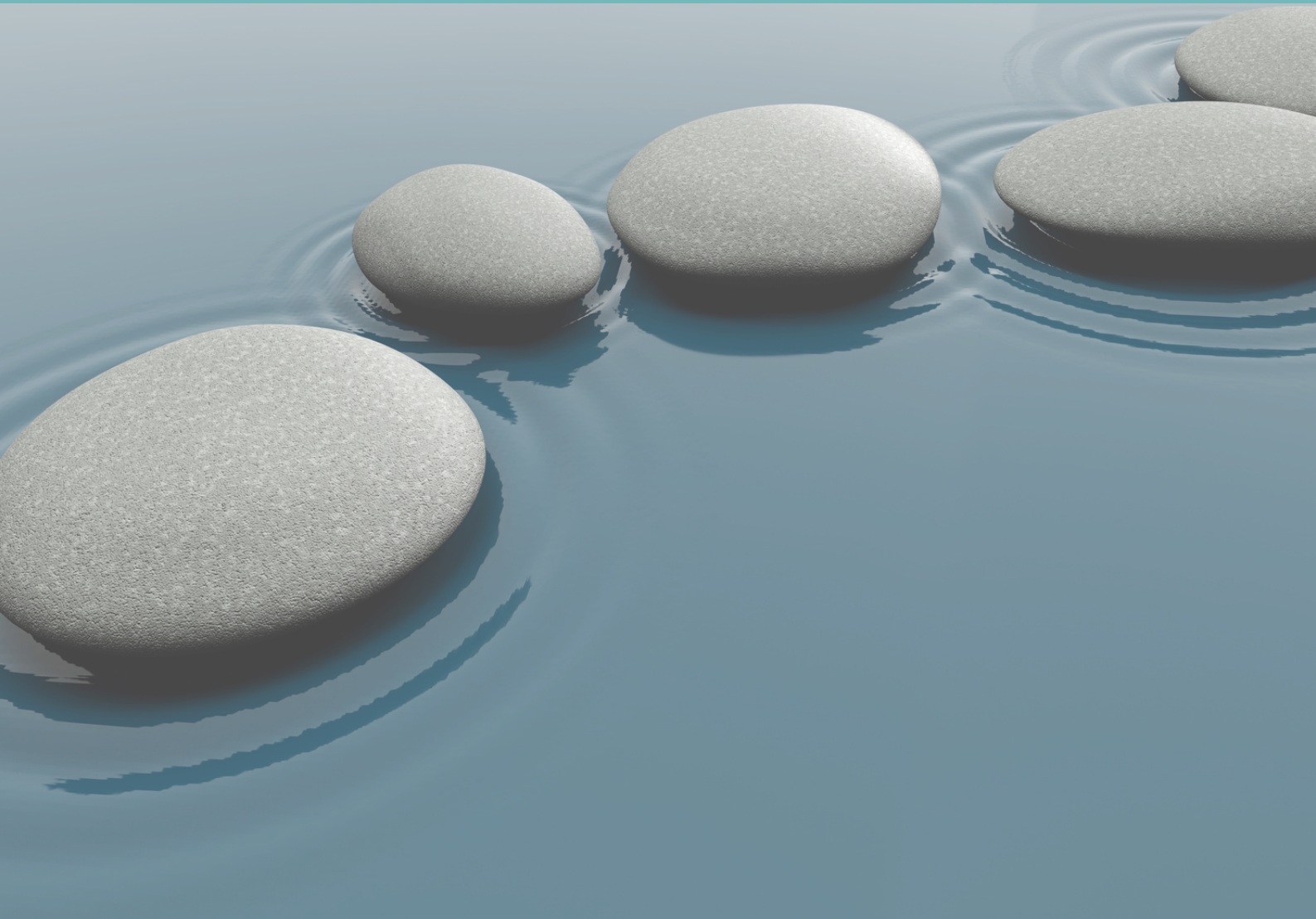


# POWER PRACTICES

*for sustainable success*

MICRO-SELF CARE AND ENERGY MANAGEMENT FOR EVERYDAY FLOW



SALLY ANNE CARROLL | WHOLE LIFE STRATEGIES

[www.wholelifestrategies.com](http://www.wholelifestrategies.com)

# HELLO!

*It's Sally*

As a life, career and leadership coach, I'm passionate about creating sustainable success across all areas of our lives. That's why I take a blended "whole person" approach to my work, grounded in my Sustainable Success Model,<sup>™</sup> a unique blend of evidence-based positive psychology and neuroscience-informed practice, proven coaching approaches and years of personal & professional experience.

Learning to manage your personal energy well and consistently is a critical foundation for sustainable success. Our own renewable resource is within our control, and it can be so easy (and often rewarded) to set aside what fuels us in favor of what's calling for our immediate, external attention.

That doesn't work in our favor long-term. It doesn't really work in the short term either. Taking a much closer look at what's fueling you and what's not -- and finding your power practices -- is a wonderful start!



# EXPLORE ENERGY MANAGEMENT

In an always-on, fast-moving culture, we can find ourselves overwhelmed by busy schedules, competing demands and mounting responsibilities. Our pursuit of success and productivity can lead to neglecting our most valuable resource: our personal energy. Increasingly, scientific research across multiple fields is showing us that by adopting effective strategies for managing and restoring our energy, we can unlock benefits that positively impact every aspect of our lives.

No one is in charge of your energy but you. You decide how often to top it up, whether to drain it, what you spend it on, and how you share it. But it takes practice to come off autopilot and trace your energy back to daily choices, habits and systems. Managing your energy is one of the most powerful things you can do to create a sustainable, solid foundation for your life and your work. All you need is awareness and a few minutes a day for more fuel, more flow, more fulfillment and more impact. To get you started, I've compiled an energy audit and a power practices plan to help you reset and nourish your greatest renewable resource.

Energy is the essence of life. Every day you decide how you're going to use it by knowing what you want and what it takes to reach that goal, and by maintaining focus.

*Oprah Winfrey*





EXPLORE

# ENERGY AUDIT

0.1 When are you most energized? What patterns do you notice?

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0.2 When does your energy begin to drain? What are the triggers?

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0.3 What shifts might help you to better manage your energy?

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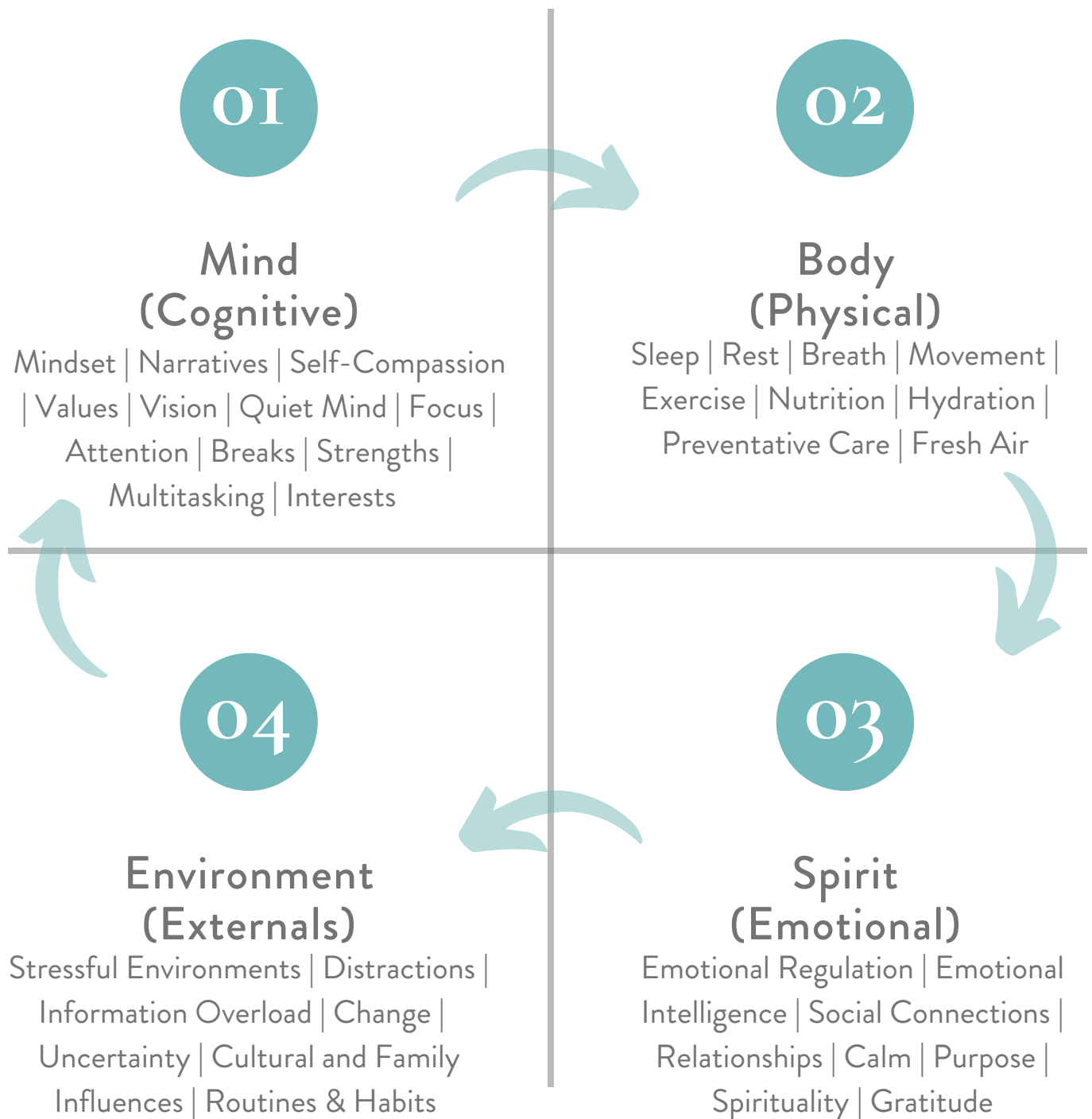
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# INTEGRATE ENERGY MANAGEMENT





# REVITALIZE SELF-CARE INVENTORY

What are you currently doing to nourish your mind, body, spirit & environment? Focus on establishing a couple of regular practices and/or adjustments for each area to manage your energy & create a solid foundation.

MIND	BODY
SPIRIT	ENVIRONMENT



# REVITALIZE ENERGY MANAGEMENT

35 WAYS TO MANAGE YOUR PERSONAL ENERGY

<b>01</b> Prioritize sleep	<b>02</b> Cultivate a reflective practice	<b>03</b> Audit your media intake	<b>04</b> Watch an uplifting film	<b>05</b> Take vacation time	<b>06</b> Have the conversation
<b>07</b> Set clear work hours	<b>08</b> Practice a hobby	<b>09</b> Prioritize pleasure	<b>10</b> Feed your spirituality	<b>11</b> Ask for what you need	<b>12</b> Try guided meditation
<b>13</b> Set a clear boundary	<b>14</b> Eat fresh, whole foods	<b>15</b> Engage your creativity	<b>16</b> Simplify the complicated	<b>17</b> Move your body daily	<b>18</b> See your doctor
<b>19</b> Hydrate your body	<b>20</b> Enjoy family time	<b>21</b> Read what inspires you	<b>22</b> Cancel the nonessential	<b>23</b> Clear out clutter	<b>24</b> Schedule focus times
<b>25</b> Go for a walk outside	<b>26</b> Find your quiet spot	<b>27</b> Edit your calendar	<b>28</b> Sit quietly and breathe	<b>29</b> Curate your social media	<b>30</b> Play favorite music
<b>31</b> Make a decision	<b>31</b> Find your flow	<b>32</b> Delegate more	<b>33</b> Clear your desk	<b>34</b> Deep clean your home	<b>35</b> Call a friend

# REVITALIZE IDEAL DAY

## MORNING INCLUDES...

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## DAY INCLUDES...

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## EVENING INCLUDES...

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# INTEGRATE POWER PRACTICE PLAN

Make your energy management a fully integrated part of your life by layering in daily and weekly micro habits for self care and energy management with macro activities that you make time for every month, quarter or year. They all build upon each other!

PRACTICE	DAILY	WEEKLY	MONTHLY	1-4 TIMES PER YEAR

# INTEGRATE TRACKER

HABIT:

M	T	W	T	F	S	S
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●

HABIT:

M	T	W	T	F	S	S
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●

HABIT:

M	T	W	T	F	S	S
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●

HABIT:

M	T	W	T	F	S	S
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●

HABIT:

M	T	W	T	F	S	S
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●

# INTEGRATE RESOURCES

## *Nourish Book*

This book is designed to help you find the time, forget about what you "should" be doing for self-care and make an individualized and nourishing plan of personal power practices your daily reality.

## *Reinvent Your Reality Book*

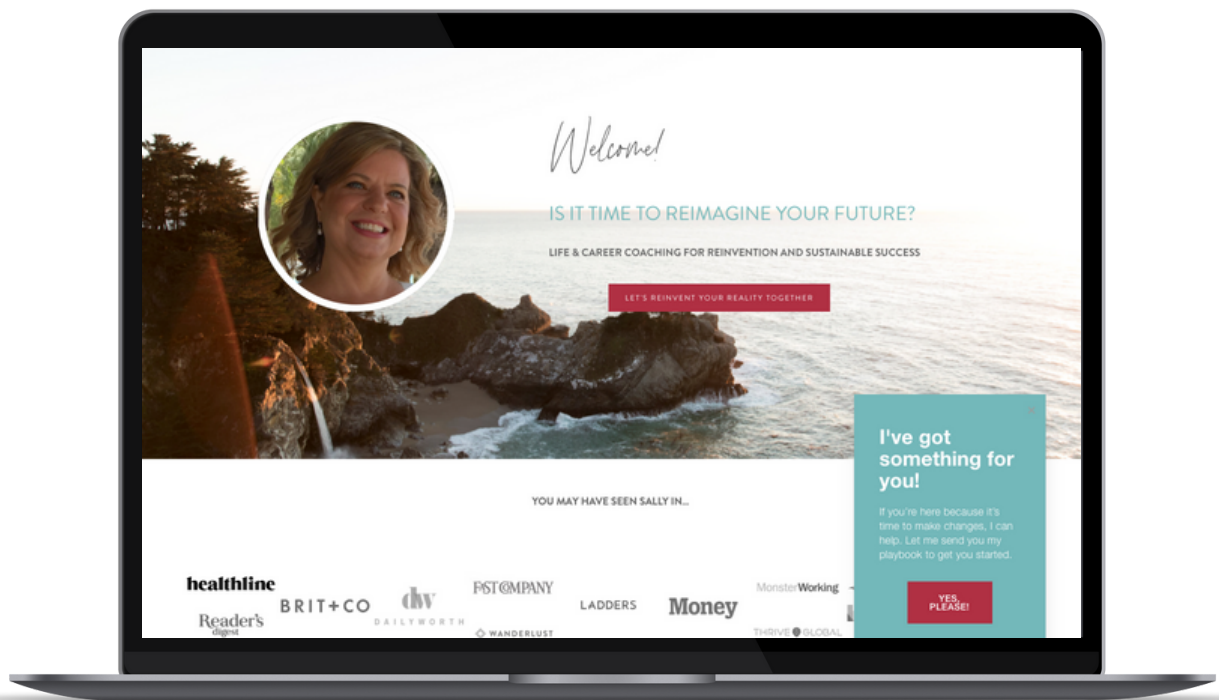
Reconnect to what matters, create an inspiring vision for the future and map out your plan to achieve it. This book will introduce you to a six-stage reinvention process for creating new possibilities for your life and work—and confidently making them happen.

## *Visioning Playbook*

This free playbook reconnects you to yourself and encourages you to dream expansively, identify what you have and what you want, and implement three powerful mindset practices so that you can start creating the sustainable success, fulfillment, balance and freedom you crave.

## *Whole Life Strategies Blog*

For inspiration, insight and practical tips and coaching strategies to manage your energy, fuel your sustainable success, and create more of what you want, check out my extensive library of 100+ articles.



# WHAT'S NEXT?

GAIN CLARITY AND STRATEGY IN ONE  
60-MINUTE TARGETED COACHING SESSION

We'll make real progress on a top-of-mind challenge for you. Use me as your thought partner, sounding board, perspective shifter and success strategist. You will leave with new insight, practical tools and clear, courageous action steps.

*Clarity Sessions may be held via video call or as a screen-free "walking meeting" phone session, your choice.*

[BOOK YOUR  
CLARITY CALL](#)