

# PERSONAL ENERGY INVESTMENT MAP

The investment in our own personal energy is one that pays dividends for our team, our work and for those that matter to us. Putting into place the things, sometimes the small things, that energise you allows you to face the work ahead of you.

Use the following table to craft your personal energy investment map. These aren't things you HAVE to do all the time, but when you find yourself in a state of CHECK OUT investing in these elements reconnects you back to purpose and progress.

1 (daily)	7 (weekly)	30 (monthly)	4 (quarterly)	2 (bi-annually)	1 (yearly)