



57: UNDERSTANDING YOUR FOUR FORMS OF ENERGY

EPISODE NOTES

Thank you for joining the *Craig Groeschel Leadership Podcast*! As a leader, you may feel overwhelmed, frustrated, and often worn out. In this episode, you'll learn to explore your four different forms of energy, refill your tank, and see how to lead with renewed passion and energy.

Different tasks, leadership responsibilities, and interactions with people don't just take different **amounts of energy**, they take different **types of energy**. In a previous episode, *The Art of Energy Management*, we acknowledged that rather than simply managing your time, you'd be wise to manage your energy. We looked at two important ideas:

- You are better at **some things** at **certain times** than at others.
- **Different tasks** take different **amounts of energy**.

In this episode, I'd like to add the third idea:

- **Different tasks** don't just take different **amounts of energy**, they take **different types of energy**.

If you find yourself feeling drained, tired, frustrated, or out of energy; consider which of these four forms of energy you're lacking, so you can accurately refill that energy tank.

1. Physical Energy

Ask yourself what rhythms, supplements, diets, exercise routines, rest, or recreation creates peak production, strength, and energy. Each person is different. You cannot manage what you do not measure, so experiment and see what works best for you.

2. Emotional Energy

When you make difficult decisions, have difficult interactions, or try to solve difficult problems, you drain your emotional energy.

“You cannot lead at the highest level or love from the deepest part of your heart when you are emotionally empty.” -@craiggroeschel

When you are emotionally depleted, it's wise to know specifically what refills your emotional tank. It may be spending time with others or taking time alone to listen, think, or journal. If you don't know what refuels you emotionally, you will often find yourself emotionally depleted.

3. Mental/Creative Energy

One way to refill your mental tank is by **taking in** and by **giving out**. Take in new information, perspectives, and ideas by spending time with people who challenge you, learning new concepts in books, podcasts, or articles. Turn down time into learning time.

You can also refill this tank by giving out. Creating helpful content might energize you, but balance the intake with the output. If you have no outlet, you can easily be left frustrated. If you put out too much without refilling your tank, you're in danger of burning out.

4. Spiritual Energy

Many of us believe we are not just **physical beings**, but also **spiritual beings**. Sometimes when we feel past the point of exhaustion, we might more than physically drained, emotionally depleted, or mentally worn out. It could be that we are spiritually empty.

If you agree that we are also spiritual beings, perhaps the best place to find strength, energy, purpose, and passion is not just success in the world, but in living for a higher purpose and from a higher power. In the Bible, Paul writes that when we are weak, God makes us strong. Maybe a little spiritual energy is what you really need!

Keystone Habits

In Charles Duhigg's book, *The Power of Habit*, he teaches the concept of **keystone habits**: habits or disciplines that create other compounding or cascading positive habits or disciplines. Look for **one or two keystone habits** or disciplines that refill **all four energy tanks**.

Leadership is the art of harnessing human energy to create change, to make a difference, and get results. **And the first person you have to lead is you!**

Remember, you don't have to know it all to be a great leader! Be yourself. People would rather follow a leader who is always real than one who is always right.

DISCUSSION QUESTIONS

Here's an exercise you can do to grow as a leader—ask yourself and your team these questions:

1. Of the four energy tanks, which one needs refilling?
2. What are you going to do to fill that tank?

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