

WEEK 3 TAKEAWAY SHEET

Balance - GGC September 2026: Week 3 - 9-21-26

1. Learn Your Natural Energy Rhythm

- Your energy naturally rises and falls throughout the day.
- When possible, match demanding tasks to your higher-energy times.
- Stop expecting the same level of productivity from yourself every hour.

2. Identify Your Energy Drains

- Mental and emotional stress can be just as exhausting as physical activity.
- Notice the people, habits, responsibilities, and thoughts that repeatedly drain you.
- What can't be eliminated may still be reduced, delegated, changed, or given a boundary.

3. Know What Refills You

- Rest and restoration look different for everyone.
- Pay attention to what genuinely leaves you feeling lighter and more like yourself.
- Don't wait until you're completely empty before you recharge.

4. Protect Your Energy Without Guilt

- You don't owe everyone unlimited access to your time and attention.
- Every yes costs energy, so choose your yeses intentionally.
- Protecting your energy helps you show up better for the things that truly matter.