The Four Banks

***What really matters to you?***

***How can you make sure your banks are full to do it?***

Consider the amount of physical and/or mental energy that you have available for daily activities and tasks. Think of your efforts as a banking system with units of energy. This can help plan your days so you don’t run out of energy. These banks are limited!

Take five minutes to fill in ***your own*** four banks.

* How do you fill your banks?
* What drains your banks?
* How do you show your signs of fatigue in each bank?

|  |  |
| --- | --- |
| Physical | Cognitive |
| Deposits   * Going for a walk   Withdrawal   * Lack of sleep   Sign of Fatigue:   * Unmotivated to get up from my chair | Deposits   * Reading a book   Withdrawal   * Solving challenging problem   Sign of Fatigue:   * Foggy thinking |
| Emotional | Daily Activities |
| Deposits   * Talking with a friend   Withdrawal   * Conflict at work   Sign of Fatigue:   * Impatient | Deposits   * Gardening   Withdrawal   * Laundry   Sign of Fatigue:   * To Do list keeps rolling over |