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
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| 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
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