The Agile Results Personal Energy Model

Renew, Refresh, and Rebound with Skill

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Regenerate Your Personal Energy with Skill

I created the Personal Energy Model in Agile Results to help you recharge and renew with skill.

Here are some of the key ideas:

1. Personal energy is a skill.

2. “Better Energy, Better Results” is a core principle of Agile Results.

3. The idea behind Better Energy, Better Results is that your energy levels, both physical and mental, have a direct impact on your productivity

I’ve taught the Agile Results Personal Energy Model at Microsoft and beyond for more than two decades and it has stood the test of time.

The Agile Results Personal Energy Model at a Glance

Personal Energy Model	
INNER CORE (SELF)	OUTER WORLD
Mind	Environment
Body	Relationships
Emotions	Social
Spirit	

The 7 Levers of the Personal Energy Model

Here are the 7 Energy Levers of the Personal Energy Model:

1. **Mind**
2. **Body**
3. **Emotions**
4. **Spirit**
5. **Relationships**
6. **Social Connections**
7. **Environment**

1. Mind

Insights

Your mind is the source of your thoughts and beliefs, and it's crucial to focus on positive, growth-oriented thoughts to renew your energy.

Practices like mindfulness, meditation, and visualization can help you to quiet your mind, reduce stress and anxiety, and promote mental clarity.

Actions

Cultivate a positive and growth-oriented mindset through mindfulness, meditation, and visualization to reduce stress and enhance mental clarity.

2. Body

Insights

Your physical body is essential to your overall well-being and energy.

Regular exercise, the right nutrition for you, and sufficient sleep are critical to renewing your physical energy.

Engaging in physical activities that you enjoy, such as sports or dancing, can also help to boost your energy levels.

Actions

Prioritize physical well-being through regular exercise, proper nutrition, and sufficient sleep to renew physical energy and overall health.

3. Emotions

Insights

Your emotional state impacts your energy levels, and it's essential to manage your emotions effectively.

Practices like journaling, therapy, and self-reflection can help you to process your emotions and release any negative energy.

Focusing on positive emotions like gratitude, joy, and love can also help to renew your energy.

Actions

Manage emotions effectively with practices like journaling and self-reflection and focus on fostering positive emotions to boost emotional energy.

4. Spirit

Insights

Your spirit is the part of you that connects to something greater than yourself, whether that's nature, a higher power, or a sense of purpose.

Practices like prayer, yoga, or spending time in nature can help you to renew your spiritual energy.

By connecting to your spiritual side, you can find meaning and purpose, which can be a powerful source of energy.

Actions

Connect with something greater than yourself, whether through nature, spirituality, or a sense of purpose, to find deeper meaning and renew spiritual energy.

5. Relationships

Insights

Your relationships with others can have a significant impact on your energy levels.

Positive, supportive relationships can help to boost your mood, reduce stress, and provide a sense of belonging. In contrast, negative or toxic relationships can drain your energy and leave you feeling depleted.

To regenerate your energy, it's important to cultivate healthy relationships with people who support and inspire you.

This might include spending time with friends or family, seeking out positive role models, or working with a coach or mentor.

Actions

Build and maintain positive, supportive relationships that boost your mood and provide a sense of belonging, contributing to your relational energy.

6. Social Connections

Insights

Your broader social connections, such as your community or social network, can also have an impact on your energy.

Being part of a supportive community or social network can provide a sense of connection and belonging, which can help to renew your energy.

This might include joining a club or group that aligns with your interests, volunteering in your community, or participating in social events.

Actions

Engage with a broader community or social network for a sense of connection and belonging, enhancing your social energy.

7. Environment

Insights

Your physical environment, such as your home, workplace, or outdoor spaces, can also influence your energy levels.

A cluttered or disorganized environment can be draining, while a clean and organized space can help you to feel calm and energized.

To renew your energy, it's important to create a physical environment that supports your well-being.

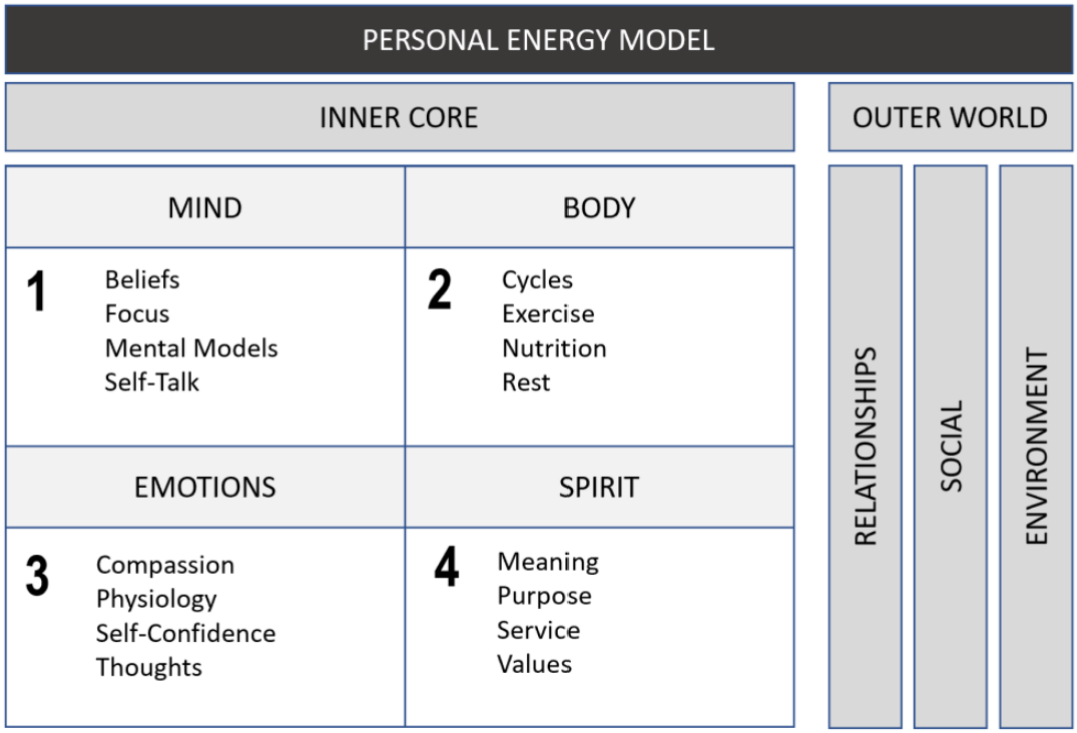
Actions

Create a physical environment that supports well-being to positively influence your environmental energy

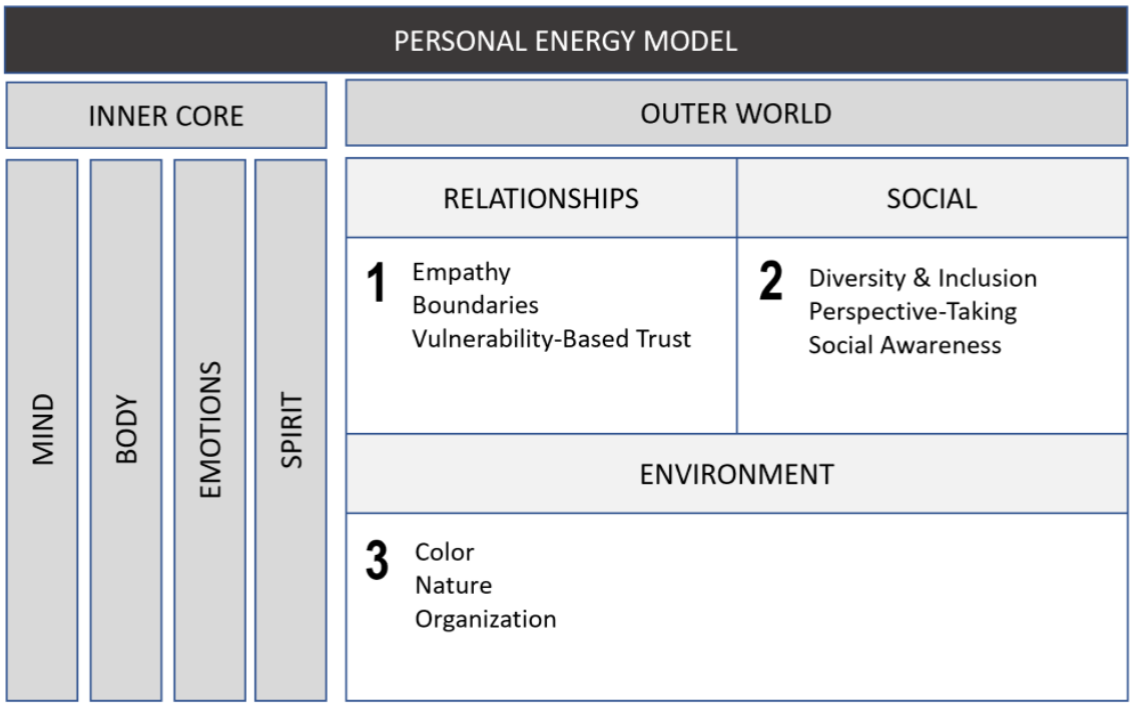
This might include decluttering and organizing your space, incorporating natural elements like plants or natural light, or spending time in nature.

Spend time in nature, such as hiking or gardening to regenerate your energy.

Inner Core
Personal Energy Factors



Outer World
Personal Energy Factors



Relationships vs. Social

Relationships and social connections are two related but distinct concepts:

1. Relationships refer to the connections and interactions we have with people who are important to us, such as family members, friends, romantic partners, and colleagues. Social connections, on the other hand, refer to our broader social networks and the various groups and communities we belong to.

2. While relationships and social connections can overlap and intersect, they serve different functions in our lives. Relationships are typically more intimate and emotionally meaningful, involving deeper levels of trust, understanding, and support. Social connections, on the other hand, are often more casual and less emotionally intense, but can still provide a sense of belonging and social support.

3. Both relationships and social connections are important for our well-being and happiness. Relationships can provide us with emotional support, a sense of purpose, and a source of meaning and fulfillment. Social connections, on the other hand, can provide us with a sense of belonging, identity, and community, and can help us build resilience and coping skills in the face of stress and adversity.

Why Did I Call Out “Color” in Environment?

1. **Environmental Influence**: Color significantly impacts mood and energy levels, making it an essential factor in personal and workspace design.

2. **Color Psychology**: Research suggests that certain colors, like blue and green, promote calmness and relaxation, while red can enhance energy and performance.

3. **Personal Preference**: Individual preferences toward colors affect their sense of comfort and productivity, underscoring the importance of tailoring one's surroundings to include preferred hues for optimal well-being.

Where to Grow for More

Getting Results
https://GettingResults.com

Better Energy, Better Results!