

Recharge your Batteries

Optimize your energy, be at your best

You check the batteries of your phone almost daily- to make sure that you recharge them before they run down, but how often do you take time to recharge your own batteries?

When your batteries are under or overcharged:

- Your presence comes across as inappropriate, too weak or too strong
- Your actions are ineffective reactions, often sabotaging your goals
- You get physically run down, mentally scattered or emotionally frazzled, or a mix of these!

When your batteries are at the optimal level for you:

- Your presence comes across as trust-inspiring and confident, but not arrogant
- Your actions help you reach your goals
- You are vibrant and alert and also calm and grounded

Here you find simple tools and practical ideas to manage your energy at four levels:



By following this book you can be at your best more easily and more often.



As an executive coach for almost 20 years, Francesca Giulia Mereu works with senior leaders and managers in global organizations worldwide. Some of her clients include: IMD Business School, Reuters, Eli Lilly, ST Electronics, and MSU (Multinational Special Unit, Sarajevo). She graduated in Anthropology from the University of Lausanne (Switzerland), is an NLP Master Practitioner, a yoga teacher and is certified in Kinesiology, Qi-Gong and Brain Gym.

In 2012 Francesca Giulia authored: *Je recharge mes batteries*, published by Editions Jouvence. This English edition is newly illustrated by Harry Van Der Velde and is fully revised. www.pem.pm



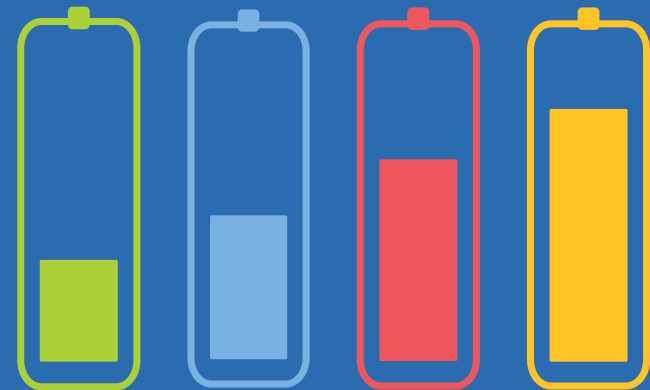
USD \$ 17.99 (RRP)
GBP £ 11.82 (RRP)
EU € 15.20 (RRP)

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FRANCESCA GIULIA MEREU

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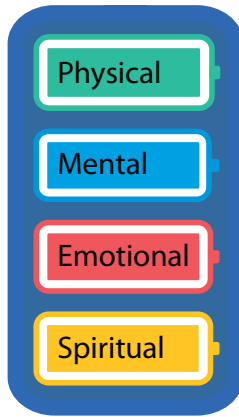


Francesca Giulia Mereu

Foreword by Prof. Maury Peiperl

Recharge your Batteries

How to optimize your energy and
be at your best more often



Francesca Giulia Mereu

Foreword by Prof. Maury Peiperl

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ISBN-13: 978-2-9701073-1-6

Illustrations copyright © by Harry Van Der Velde - www.zicht.com
Front cover design and lay out: Rosa Van Der Velde
Back cover design: Reality Premedia Services Pvt. Ltd.
Back cover photo: Océane Forster: cleocefo99@gmail.com

This English edition is fully revised and based
on the French version:
Je recharge mes batteries – Jouvence Ed. 2012.
www.editions-jouvence.com
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Illustrations by Harry Van Der Velde

“To Artie Egendorf for his support and trust that ‘practice makes possible long before it makes perfect’ ”



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Preface

In my work with executives for over some 20 years, I have often found that, while an individual might have great strength in one or two resource areas, they would stand to benefit immensely from reflecting, and then acting, on the other key parts of the self. Indeed, it would not be an exaggeration to say that this has nearly always been the case. Those who have had this insight about themselves and acted on it have grown tremendously in their performance, their health, their self-confidence, and their satisfaction. Some of my closest friends and colleagues, as well as I myself, are examples.

Take the time to read this valuable book and to try the exercises it offers - you will surely find something here that will contribute significantly to your well-being, and through this, to your performance in whatever profession you dedicate yourself to as well as to the well-being and performance of those around you.

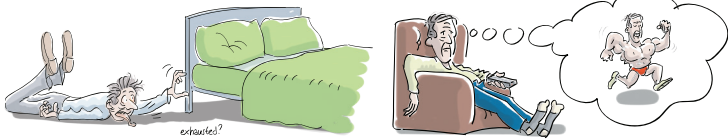
*Maury Peiperl, PhD
Director (Dean) and Pro-Vice-Chancellor,
Cranfield School of Management (UK)*



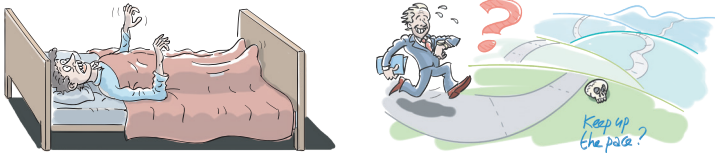
Introduction

Introduction

Like most busy professionals, you know that your cell phone and laptop batteries must be charged regularly, but do you ever stop to think about recharging your own batteries?



- *Do you often feel exhausted by the end of your day?*
- *Do you aspire to have a much healthier lifestyle... yet struggle to change your habits?*



- *Do you find it difficult to wind down after a hard day's work and fully enjoy your personal life?*
- *Do you wonder if you will be able to keep up with your pace for the next five years?*

If you answered **yes** to any or all of these questions, then it is time to consider optimizing your energy level. This book is inspired in large from my own experience as a leadership coach.



Its very existence is largely thanks to the people who have tested, commented on, and applied the techniques that I have taught, for almost 20 years.

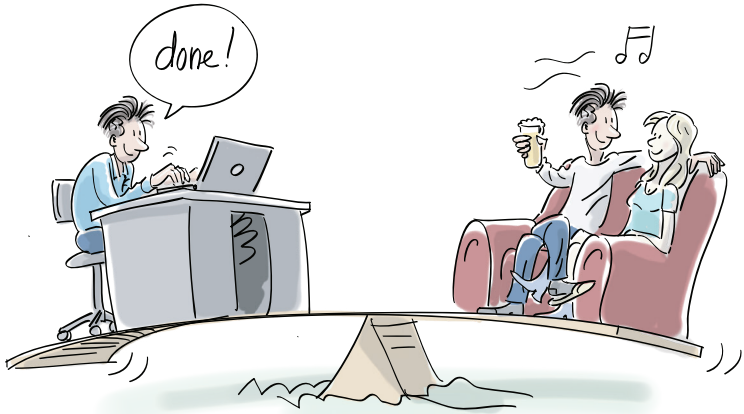
I facilitate seminars in different countries and in different professional circles. The participants themselves are very busy managers and leaders. My challenge has often been to provide tools for people who have busy schedules and little time to practice, yet require speedy results. The unique approach that I devised and tested with coachees, will also help those who want clear and achievable steps, with concrete ideas that quickly translate into practice.

Here are two goals you can achieve with this book:

- 1. Increase your available energy level to reach your goals more easily and improve your quality of life – designed for long-term energy and during stressful times.*
- 2. Learn new tools in order to build a 'self-care routine' to recharge your batteries on four levels: physical, mental, emotional and spiritual.*



What is a self-care routine?



Work Life Balance

Put simply, it is a customized set of habits that help you sustain your energy level on a daily basis. A self-care routine prevents your batteries from getting too low, monitors your need to rest after a 'high', alerts you if you are overusing or not using the same resources enough and generally increases your ability to bounce back and become yourself once more.

You can download a **Self-Care Routine** template from my website: www.pem.pm, found in the section, 'Try it out'.

We all have routines, habits and behaviors to care for our well-being. They may have worked once, but



need to be regularly updated, just like software. Doing so will enable you to become your 'best self' by further building on your routine and finding important answers to questions, such as:

- *Do you have enough energy to match your needs, priorities and goals?*
- *How do your current habits support your quality of life?*
- *Contrary to this, do certain habits undermine or sabotage it?*
- *How could you recharge your batteries more often, even if you have little time to spare?*

Together, with the aid of this book, we will explore the four levels to further improve these dynamics:

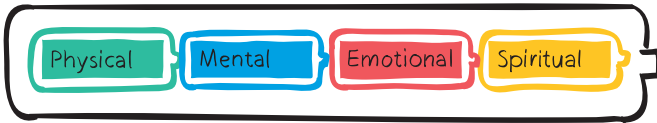
1. *The physical level to optimize vitality and overall well-being.*
2. *The mental level to lead to more consistency and clarity between your thoughts and your actions.*
3. *The emotional level to channel your emotions and express them in a way that helps - not hinders - you.*



4. *The spiritual level to develop a strong motivation, deep-rooted in your values. This level refers to everything meaningful in your life, such as your passions, beliefs, and ethics - but not towards a particular religion!*



In reality, we are more than just the sum of four separate levels. We are a complex system where these four levels interact and create constantly. This model makes it easier to identify and structure how and when to act in order to optimize your energy levels.



Your Energy

I would also like to clarify two words that you will often come across throughout this book: **stress** and **resource**. For the purposes of this book, the term **stress** is used as a synonym for blocked energy. The term **resource** means that this energy, once unblocked, may circulate freely in the four levels with noticeable benefits.

Here is an example which will help explain. You have just finished that all-important meeting that did not go so well and are still feeling frustrated. This frustration itself is a natural feeling. However, it can become a problem if it



becomes lodged inside you and you find yourself dwelling on it instead of moving on, blaming yourself or others for the outcome. This is unhealthy. Your goal should be to regain access to your patience, your clarity or your focus - your inner resources. In this way you can learn, reflect and choose what you wish to do next.

The same is true if you had a great day, but it is now late at night and you need to reduce your adrenaline level in order to rest. What you need to do is to access your inner place of calm and tranquility. However, this takes a little practice. The key is to move easily from one state to the other. However, let me stress that it's not about denying the facts or fleeing from a problem. It's simply about observing, recognizing and finally accepting what is happening both inside us around us, and then responding more effectively.

In this case, 'more effectively' means that our decisions are based on a conscious decision that is better aligned with our objectives, and not upon an uncontrolled, scattered or random reaction. A feeling of fluidity and clarity emerges from this new approach. Imagine water that flows and takes to rough terrain while keeping its identity as water, allowing you to focus on the long term. Think in this way and you will start to understand the idea.

To help you take in and use these concepts effectively, these methods are depicted in the following two images:





When you are in a resourceful state, you are likely to feel that:

- You are comfortable in your mental and emotional space.
- You have a comfortable buffer. Imagine a large protective energy bubble constantly surrounding you – protecting you from negative thought which allows you to figure out calmly and clearly what to do next.
- Your actions are meaningful choices, conducive to reaching your goals and aligning with your values.
- You can easily access all your inner resources and feel that you have all the time you need.
- You are confident that you are able to deal with what happens without feeling the need to overreact.



In a nutshell, your imaginary bubble lets you feel and act like your ‘best self’.



When you are in a stressed or blocked state for long periods of time, you are likely to feel that your actions are reactions:

- Scattered and only partially conducive to your goals.
- You are physically run down, mentally too wired or emotionally upset. Worse still, a mix of all three!
- You cannot access almost any of your inner resources and feel misaligned with your values.
- You feel low levels of control over yourself and the events that you are facing. People and situations seem to ‘hit’ you; they control your mood and ultimately control you.

Your imaginary buffer doesn’t now seem so impenetrable. Your energy bubble is no longer a comfortable space in which to be. You neither feel nor act your ‘best self’.



Noticing your energy bubble helps you to be your best self more often.

Throughout the day, your energy bubble constantly morphs: *it expands, it shrinks and it moves*. These changes are normal. What is important to know is how quickly and easily your bubble morphs back into a shape and size where you feel comfortable; and also what you can learn from these changes.

How is your bubble right now?

Notice its size, quality, color, sound, texture, smell or taste? Regularly check your bubble, notice the implications of its changes and decide what you are going to do about it!

You will find a chapter for each of the four levels of our energy: physical, mental, emotional and spiritual. Each chapter is divided into two main sections:

- 1. Facts and ideas to explore.**
This section explains the models and ideas behind the tools that we will use.
- 2. Effective tools and techniques to try.** *This section describes the practices that my clients found most effective – and you will, too.*



In order to get the best out of this book, the mindset that I suggest you adopt is brilliantly summarized by this inspirational quote:

“Practice makes possible before it makes perfect”

Artie Egendorf. So, let’s start this way!

