Helsana
Committed to life.

# Is your energy level in the green zone?

A simple exercise that has a big impact on your energy balance. This helps you introduce more balance into your life, step by step.

## Step 1: How high is your energy level?

**First, determine your current energy level.**
Colour in the battery to the level that corresponds to your energy level at the moment.

Notes

2311_Div_SME-tools-energy-balance

## Step 2: Where does your energy go?

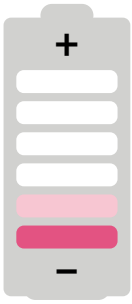
**Think about which daily activities and situations rob you of energy.**
Note down your personal energy consumers.

## Step 3: Where do you get your energy?

**Think about what gives you energy.**
Note down the activities and situations that provide you with energy.
What are your personal energy boosters?

**Now check your energy balance. Is it even? Or is there an imbalance: for example, do you have more energy consumers than energy boosters?**

## Step 4: Get rid of the energy consumers!




**Now think about which energy consumers you could reduce without too much effort.**
Choose a specific issue and think up a first step you could take that might take the pressure off you. When doing this, try to think small rather than big. Small steps are more effective than big ones, because you're more likely to take them. Put your thoughts about this in writing. I will ...

## Step 5: Get more energy boosters!

**Now take a look at your energy boosters and think about the little things that give you energy on a daily basis. Are there perhaps some energy boosters that you are not currently using?**
Choose a specific issue here too, and think up a first step to reactivate your energy flow.
Put this step into writing. I will ...

**Keep checking your personal energy tank – you will notice that your balance will improve.**