

# 30 Day Energy Management Challenge

## The 30-Day Energy Revolution

### Week 1: Personal Energy Audit

- Complete four-dimension assessment
- Identify biggest energy drain
- Make one change per dimension
- Track energy daily

### Week 2: Organizational Energy Map

- Map energizers vs. de-energizers
- Calculate ratios
- Address one de-energizer
- Amplify one energizer

### Week 3: Meeting Revolution

- Audit all meetings for energy
- Eliminate 25% minimum
- Redesign remainder for energy
- Track before/after energy

### Week 4: Recovery Systems

- Install sprint/recovery rhythm
- Create purpose reminders
- Launch appreciation protocol
- Calculate energy improvement

Success = Energy score improvement of 20+ points

## Your Next Action (Choose Based on Your Context)

If You're Exhausted:

Tomorrow: Cancel one meeting. Take lunch. Leave on time. Recovery precedes performance.

If Your Team Is Depleted:

Tomorrow: Conduct energy audit. Share results. Address biggest drain first.

If Initiatives Keep Failing:

Tomorrow: Hold initiative funeral. Kill energy drains. Free capacity for what matters.

If Culture Feels Heavy:

Tomorrow: Launch 2-minute energizers. Five per day. Watch energy shift.

If Purpose Is Lost:

Tomorrow: Create Purpose Wall. Collect impact stories. Make meaning visible.