

## The Emotions & Energy Reservoir

If we think of emotions as an indicator of the flow of energy, then our KEMs can be visualized as an energy reservoir of this stored up energy. The state of energetic charge directly relates to our emotional state. Though regularly engaging in activities that align with our KEMs, we are able to intentionally keep our reservoirs full and our emotional state balanced.

- Emotions govern what we do, how we feel, what our energy level is, and how productive we are.

- Emotional Outlook



↑ Positive -> higher energy -> motivation



↓ Negative -> lower energy -> demotivation



When we neglect our KEMs, our energy reservoir begins to deplete, leading to feelings of dissatisfaction and imbalance. By monitoring our emotional energy levels and taking proactive steps to engage in activities that align with our KEMs, we can maintain a balanced and positive emotional state.

This self-awareness allows us to manage our emotional energy more effectively, ensuring that we remain in a state of balance and fulfillment. By regularly checking in with our emotional energy levels and making adjustments as needed, we can prevent burnout and maintain a positive outlook on life.