

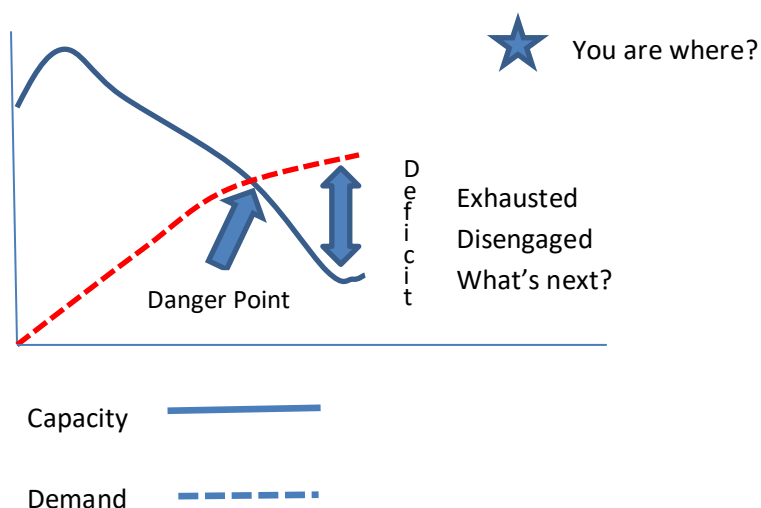
Maximizing Capacity: Four Pillars

The Philosophy of Energy Management

Energy is the power that creates forward motion, giving life to the engine. We know what it feels like to 'have energy' and we know what it feels like to 'be out of energy'. Our lexicon speaks of energy consumption, energy conservation, and renewable energy.

Our lives are fuelled by food, rest, purpose, values, and relationships and similar to natural energy sources, people only have so much energy to go around; energy must be renewed regularly for peak performance. Without personal and intentional care, each of us has the potential to lose momentum, burn out, and not fulfill the purpose and dreams that we were made for.

Failure to manage our energy leads to disengagement in our work and relationships. As we mature into mid-life and beyond, we may find that our daily demands have increased beyond our capacity to meet those demands.



Where did you put yourself on the chart? Is there a 'demands/capacity' gap in your life? Do you see areas in your life in which you are disengaged? Have you considered that this might be due to lack of energy?

Sometimes we can cut back on the demands of life and try to conserve as we reach the danger point, but that isn't always possible. Considering our most productive years are supposed to come after 40 it would be wise to consider if there is any way we can preserve our energy capacity (physical, emotional, intellectual, spiritual)

Is Capacity Loss Inevitable?

It is proven that regular exercise program can increase physical capacity/energy by 25% in our older years. This is true for mental acuity as well. It is possible to structure our lives around energy management so that we can be productive no matter what our age or capacity.

The Fine Art of Self-Leadership

Setting effective energy performance in your life requires that you practice self-leadership.

1. Make the shift from time management to energy management.

There will never be enough time to get everything done that we want done. Managing time causes us to react to the urgent things while the most important parts of our lives are relegated to the 'someday' category. This saps our energy and makes us feel unproductive and negative.

2. Understand that you must take responsibility for personal development and growth.

Take a realistic look at yourself. What are your strengths, growth edges, and development challenges? Do you have a good grasp of where you need to go? Taking responsibility requires that we develop a measurable, achievable plan with short, medium and long term targets.

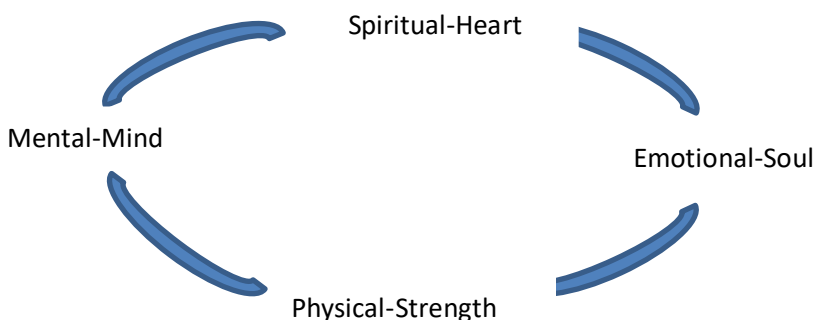
3. Take the Long View.

How would we structure our lives if we only had 'one month to live'? How might this change if instead of thinking 'thirty days' we thought about 'thirty years'?

4. Develop a holistic understanding of personal development.

Mark 12:30 Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

We are integrated beings who are spiritual, emotional, mental and physical. These are all connected.

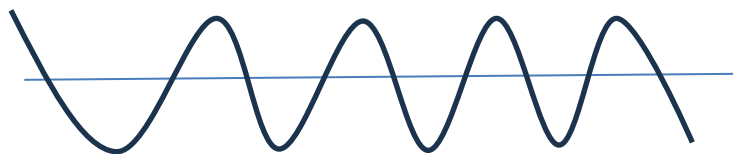


There is an 'upside-down' irony to our interconnectedness. Without a good physical foundation, we lack the energy to be at our best in terms of emotional, mental, and spiritual strength. Yet if we do not have a strong spiritual dimension, we lack the purpose and motivation to work on our mental, emotional, and physical dimensions. Too much emphasis in one area creates a disjointed circle.

5. Embrace Sabbath rest.

The Bible is clear that Sabbath rest is a non-optional part of healthy living. This includes' short-term timeouts (weekly rest days), medium term timeouts (annual feast days), and long term timeout (seven year readjustments). These ancient rhythms can best be understood as the **Principle of Oscillation**.

Stress – Expending Energy



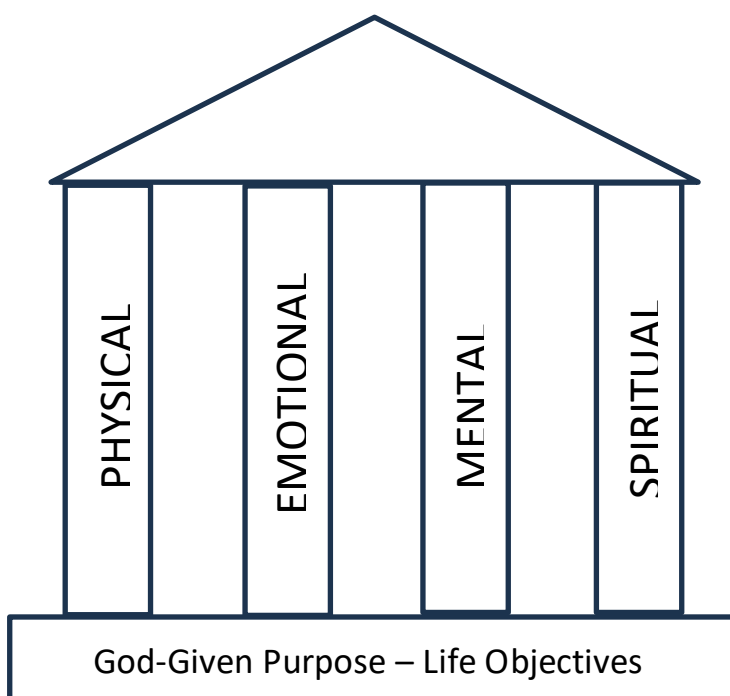
Recovery –Renewing Energy

Research shows that we can maintain and increase our capacity only as we engage and recover. Too much engagement and we wear out. Too much recovery and we begin to diminish. It takes the right amount of both, and it is required in all four parts of our being.

The Four Pillars of Energy Management

We are interconnected people comprised of spirit, soul, mind, body, and as such we become imbalanced whenever we emphasize one part over another. The challenge is the demands of life that have a way of creating the illusion that one is more important than the other and before we know it, we can be out of synch with our purpose and relationships, contributing to any number of physical, emotional, mental or spiritual problems.

As people living on purpose for God, our objective is to build a structure that stands straight and true



Each pillar requires energy and there will inevitably be times when we are out of balance in one or more areas. By establishing realistic and effective rhythms we can get back on track when we feel off balance.

Physical Pillar

As faith-based people, we know that we are more than physical beings and while we understand what Jesus means when he says that 'man does not live by bread alone', we also know that if we do not pay close attention to our physical bodies, which are the temple of the Holy spirit, every area of our lives is diminished.

This is also the easiest place to start because we can see ourselves from the outside. We all know how we feel in terms of health and wellness. But do we know why we feel this way? Do we know what kinds of changes are necessary in order to improve our physical pillar and if so, how can we make those changes?

Keys to Physical fitness

Food, water, exercise, sleep, regular check-ups – simple. It if was really this simple all of us would be in top physical condition. Yet in many ways it is this simple. The challenge is knowing where to start and to resist the urge to put if off for any number of reasons.

Here are the time-tested and research proven basics:

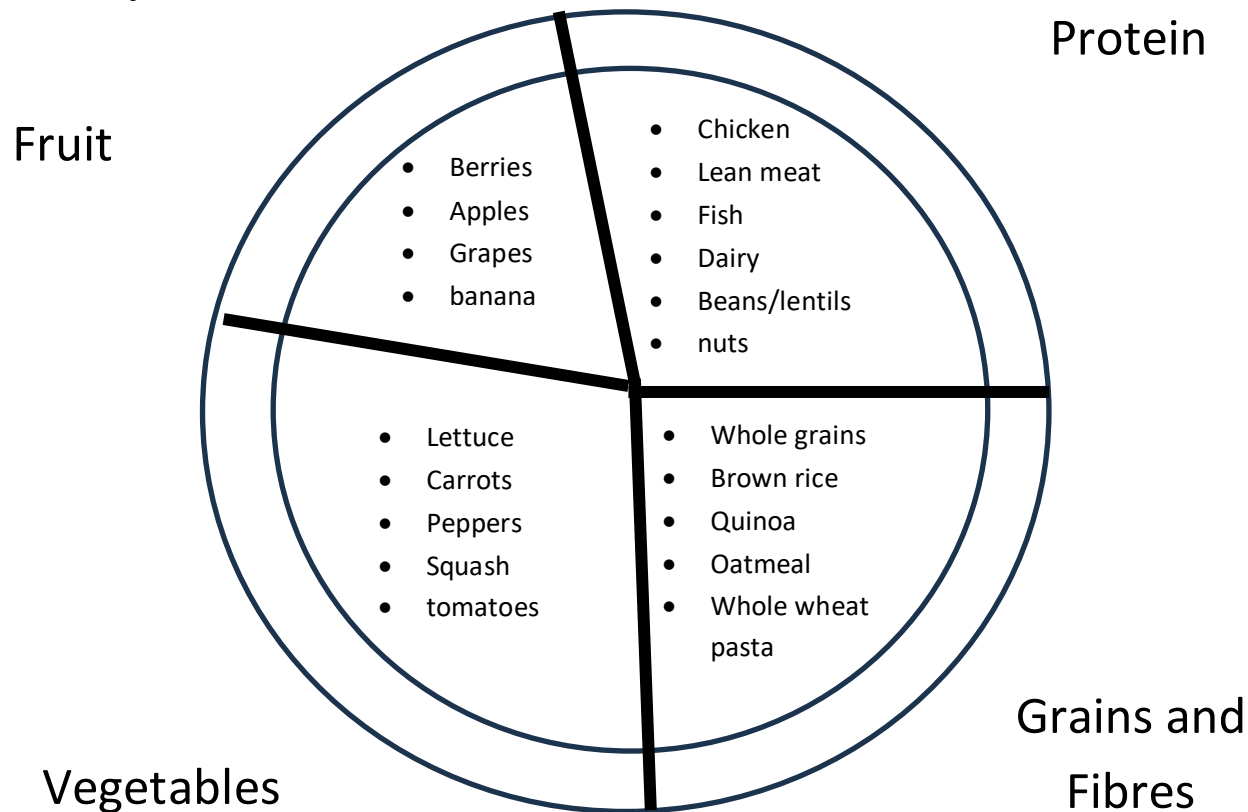
Key1: Food

When it comes to food its all about

- What you eat
- When you eat
- How much you eat

This is the key to any diet and the core of any program.

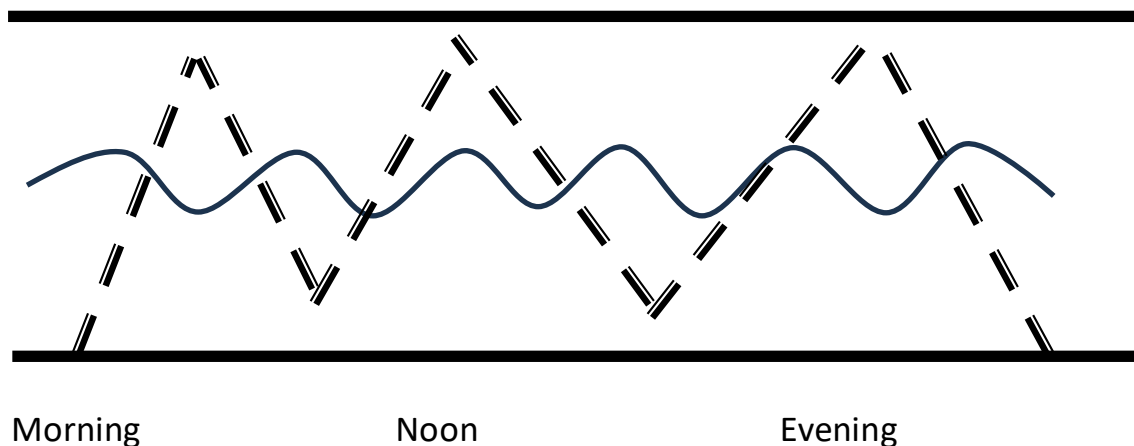
Healthy Diet Wheel



Keeping the Fire Burning

Physical health and wellness comes with eating the right kinds of foods and eating them at the right time.

The Glycemic Index

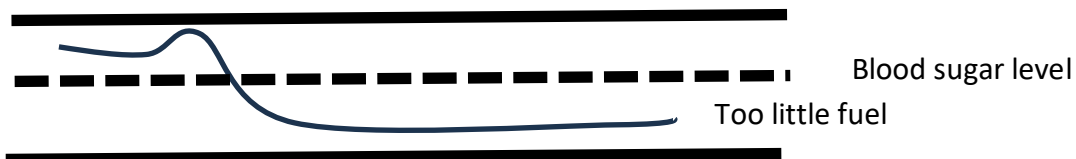


Our blood sugar levels go up and down based on the amount, timing and kind of fuel that we consume. Typically, our days are a series of 'highs and lows' and this contributes to our energy spikes. What we want to achieve is slow burning fuel consumption to avoid such spikes.

Timing

We need to train our bodies to burn energy efficiently. The primary way to do this is to re-fuel strategically with the proper food. Conventional wisdom has taught us to eat 'three square meals a day'. Research shows that we need to consume less food more often – ideally 4 to 6.

- What happens if we go too long without eating?

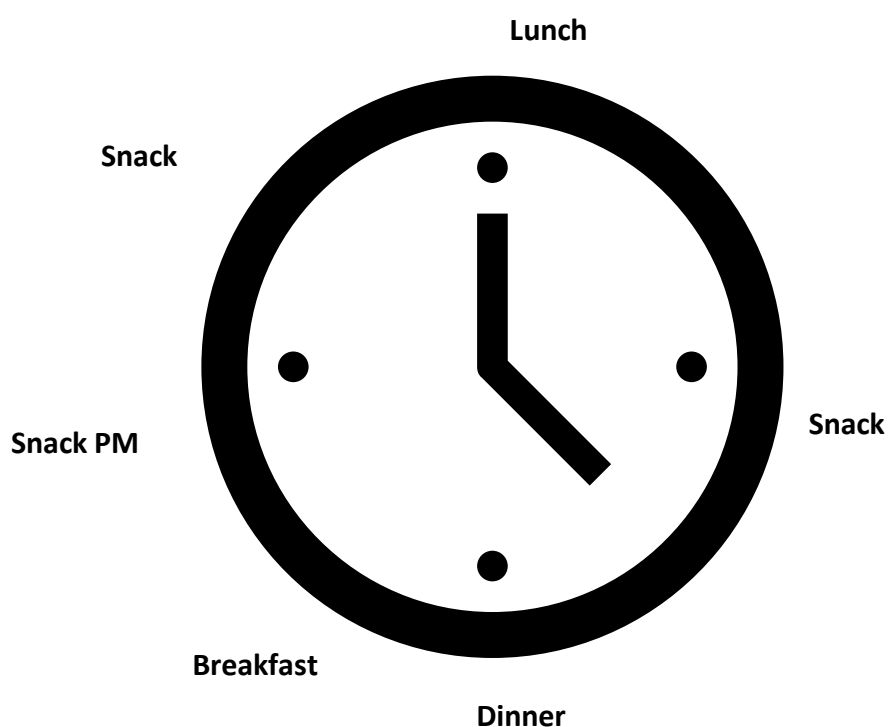


- What happen if we eat too much?



Daily Eating Guide

An ideal day should look like . . .



Amount

Controlling our portion size is a critical element to weight control and health.

Ideal portions should be:

- Proteins 4 – 6 oz (one handful)
- Fruits and vegetables 8 – 10 oz (two handfuls)
- Grains 8 – 10 oz (two handfuls)
- Snacks 00- 150 calories of quality food (protein, carbohydrates, fats – limit sugar)

Eat only as much as you need for the next 2 – 3 hours of your day. Pay attention to the exertion levels of both the past few hours and the next few hours. This affects how much fuel you have consumed or will need to consume.

Gauging Your Hunger

Most Full	6	Feeling completely full, falling asleep
	5	Feel sluggish, not alert, unproductive, clothes feel tight
	4	Feel full, not stuffed, bloated or sleepy, food lasts 3 – 4 hours
	3	Feel satisfied, not hungry anymore, food lasts 2 – 3 hours
Most Hungry	2	Feeling hungry, stomach growls
	1	Feel light-headed, unfocused, irritable, highly unproductive
	0	Not hungry anymore, able to go hours without eating

Summary

Eat smarter, eat smaller, eat slower, eat sooner.

Key 2; Water

Basics are:



- Drink water regularly
- Be careful how much alternative beverage sources you substitute for water, i. e. coffee, soft drinks, sugared juices, alcohol

Key 3: Exercise

For exercise to be effective and build energy, it must:

- **Be something you enjoy**
Keeping active is easier when you enjoy what you are doing. Find something that you enjoy and begin. Include others in your activities for added motivation and accountability.

- **Be regular**

Little benefit comes from occasional exercise. 30 to 90 minutes, four to six days per week is optimal. For maximum benefits, exercise should include:

- **Aerobic Fitness**
- **Strength Training**

- **Include the whole body**

Overall fitness requires exercise that benefits all parts of our bodies. This is particularly important in strength training where we can focus on one area to the exclusion of others. Our bodies work together. Often pain in one area is produced by stress or imbalance in another.

- **Have degrees of Intensity**

Our bodies (its actually our brain!), are very adept at adjusting to our level of exertion. Once we have performed a set of exercises for any length of time the benefits derived diminish. From time to time, we must 'shock' our bodies in order to continue fitness benefits.

- **Allow for Recovery**

The amazing fact of fitness is that strength is produced in the rest/recovery periods. For that to be true requires us to ensure that our exercise is intense enough to actually stress our bodies. Then we must allow for adequate recovery.

Key 4: Sleep

Rest is vital component to our overall health. The basics of proper rest are:

- Establish and stick to a routine i.e. get to bed at the same time, rise at the same time, including weekends.
- Set the scene. Make your bedroom a relaxing place.
- Unplug. Avoid television and computer within 30 minutes of your bedtime

The Physical Pillar Essentials

- Get a baseline – schedule a physical check-up with your doctor
- Make the decision to change your eating habits
- Find an activity that raises your heart rate
- Make adequate rest a priority

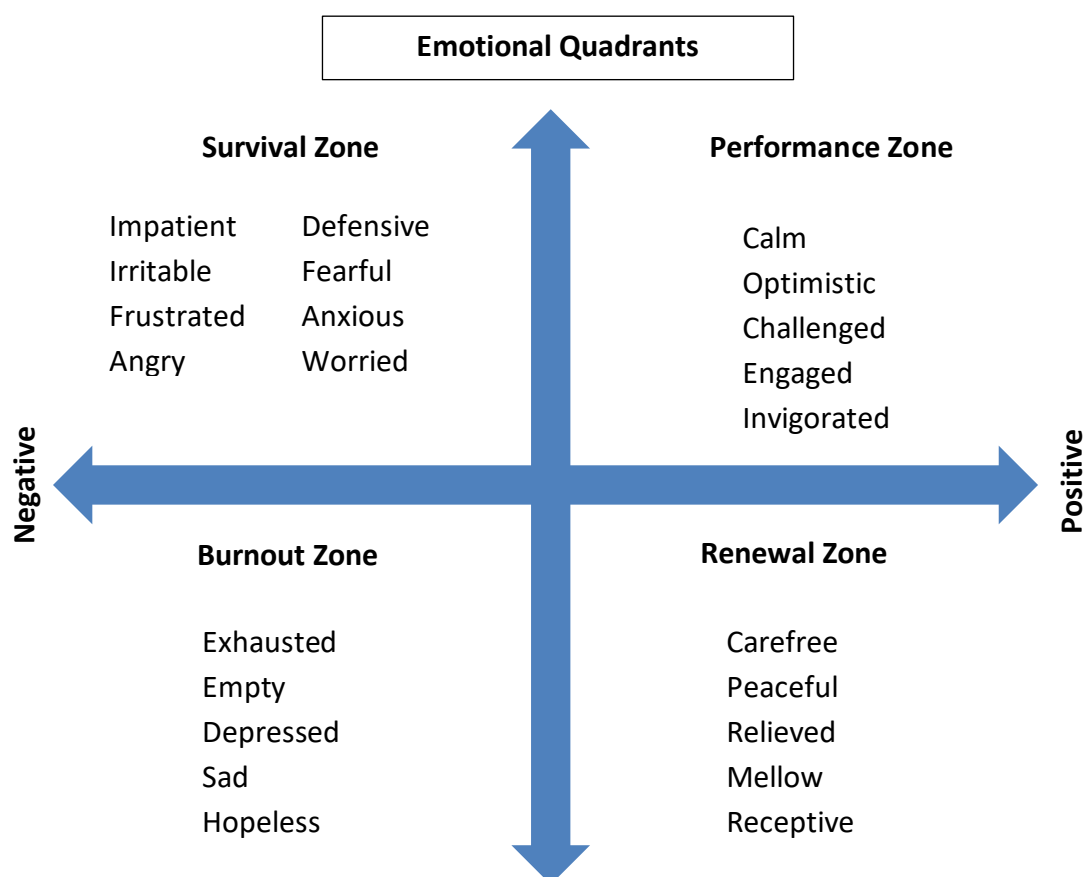
Above all, find a food and fitness program that works for you. Make sure that it is based on good research, realistic goals and then stick with it.

Pillar # 2 – Emotional

Understanding the emotional pillar is more complex than the physical but perhaps as critical to ensuring that you are maximizing your capacity. It is always easier to see the outside than the inside, but the health of our emotions is easy enough to see by the fruits they produce.



Emotions are the same as muscles in that they need to be ‘exercised’ and rested in appropriate ways. If not, the same outcomes of poor physical conditioning will become apparent.



REFLECTION

How often are you:

- Irritable, negative, depressed, lacking motivation? How much emotional energy do you expend in overcoming or covering up insecurities and fears?

How often do you experience:

- Joy, deep felt gratitude, positive feelings, pure happiness?

Keys to Emotional Fitness

Getting a clear picture of our state of emotional fitness and having a method to track critical changes is essential for life and effectiveness. The following six emotional fitness keys will help you get clarity as to your emotional fitness level.

Key 1: Knowing what you give emotional energy to.

- What is my current situation – work, home, relationships?
- How much energy does each require right now?
- Has this changed recently?

Key 2: Knowing how you react to change.

- When confronted with change do you lean in or want to turn and run? Do you become immobilized? It is important to know how change (and what kind of change) affects you.

Key 3: Measure your emotional gauge.

- Do you know where the red line is?
- How do you express feelings?

Key 4: Knowing what energizes you.

- What are the activities?
- How often do you engage in them?
- Understand the 'trickle-charge' effect.

Key 5: Building in strategic recovery.

- Can you forecast when you will be especially vulnerable to emotional drain?
- How can you structure your life and activities around these times?

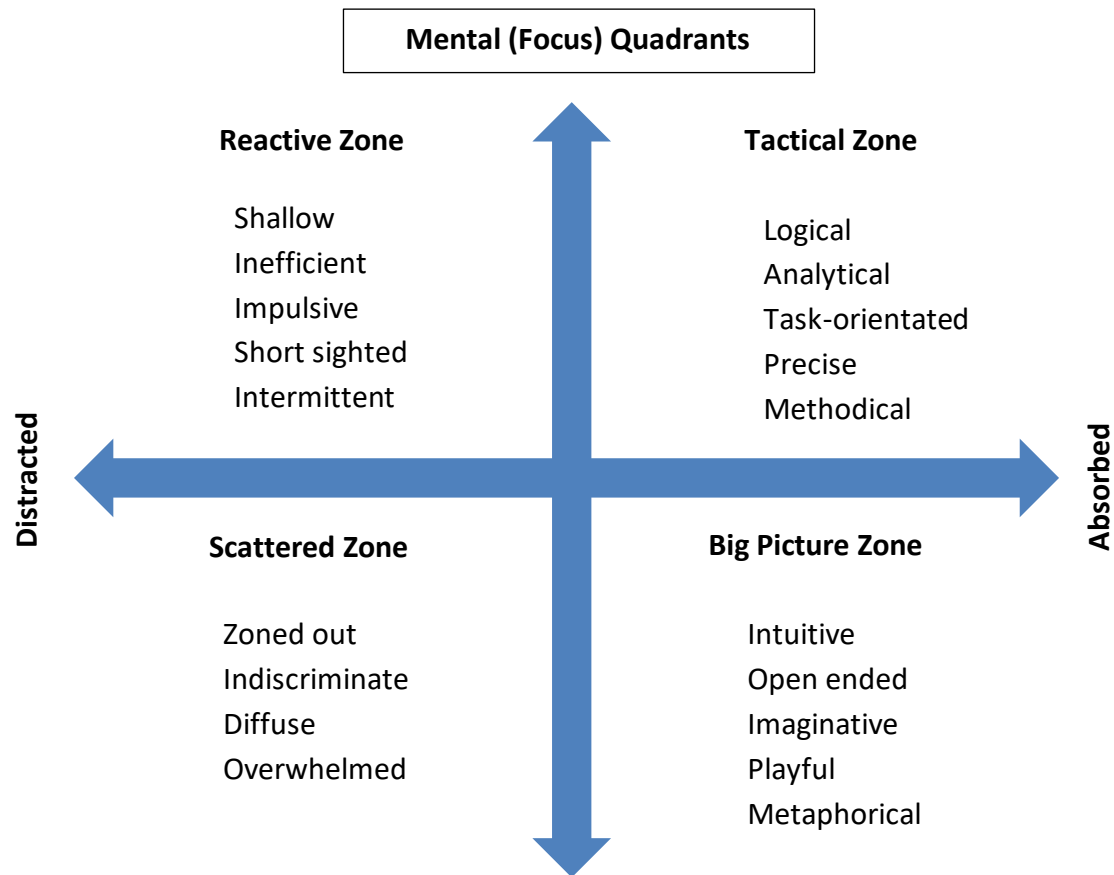
Key 6: Managing challenging relationships

- Do you know the people who drain energy from you?
- How do you manage that draining?

Pillar # 3 – Mental

Unless you are a professional athlete, most of your work is done with your mind. We work in offices, engaged in managing information and people. This requires intense mental focus. As with your physical and emotional muscles, your mind becomes tired and inefficient. The brain has an incredible ability to shut us down. When we become 'mentally imbalanced' we lose focus, positivity, sound judgment and creativity.





Keys to Mental Fitness

Key 1: Understanding the left brain/right brain distinctions.

- The left brain (right hemisphere) is also referred to as the digital brain. It controls reading and writing, calculation, and logical thinking.
- The right brain is referred to as the analog brain. It controls three-dimensional sense, creativity, and artistic senses.
- Although one will be dominant, both works together to allow us to function as humans.
- By knowing what your natural preference is, you can pay attention to your less dominant side to improve that side's performance.

Key 2: Learning how to focus.

- Stand while working to prevent falling asleep and losing focus
- Silence your phone and place it away or face down
- Make a to-do list and focus on one thing at a time
- Prioritize tasks and break them down into smaller, manageable chunks

- Meditative prayer
- Reduce ambient noise
- Avoid multitasking and minimize social media and email checks

Key 3: Knowing when and where you 'think best'.

Key 4: Taking mini-mental vacations.

Key 5: Reading widely knowing that you can learn from anything.

Pillar # 4 - Spiritual



The spiritual pillar speaks of our connection to that which is greater than ourselves. As created beings we are not left to ourselves nor are we accountable only to ourselves.

It is in this pillar that we see most fully the added exhortation of Jesus to 'love others as we love ourselves'. This brings us back to the centre in which we love God with our entire being which translates in true love of ourselves and then others.

Keys to Spiritual Fitness

Key 1: Re-thinking the dualistic physical /spiritual dichotomy to embrace a more holistic understanding

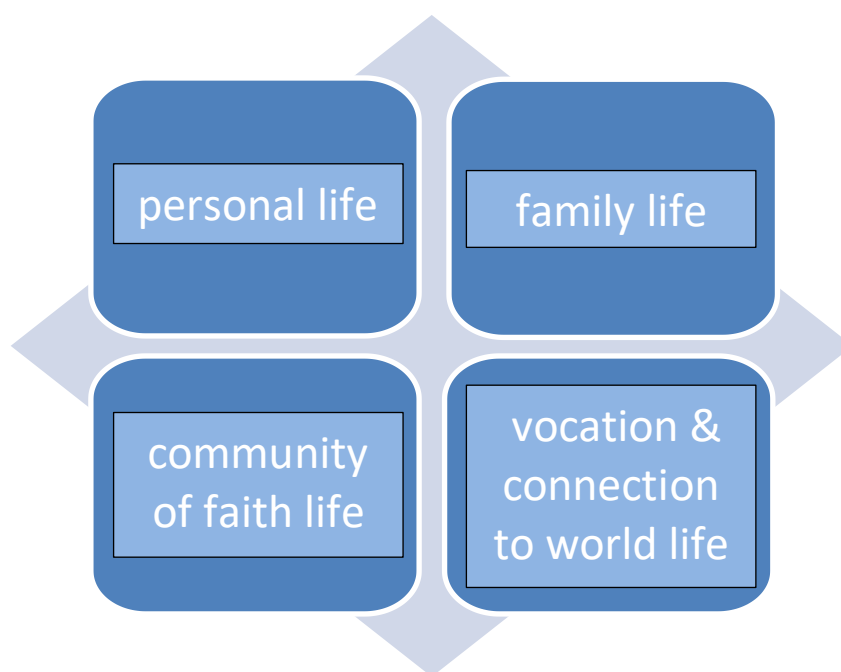
Key 2: Understanding and reconnecting to our deepest purpose

If we do not have a purpose, or no hope of ever attaining our purpose, we become disheartened – and human beings without heart do not live well, or long. Also, if we do not have a clear purpose for ourselves, someone else will gladly supply one for you.

- 1 Cor. 6:19-20; 10:31 ESV

- Psalm 67 Message
- 1 John 1:3-4 NLT

Our ultimate purpose as believers is to heartily glorify God and enjoy him in every aspect of our lives



Personal Life

We uniquely glorify God personally in attitudes and thoughts that are God focused, and godly character development as we seek to know him more in knowing and doing his will.

- In light of your ultimate purpose, make a short list of what you want your life to look like at a personal level?
- Summarize this list into a concise statement
e.g. My personal life purpose is to enjoy my life with God as I seek to know him better and become more like him to finish well in my life of service to him.
- List 4 or more personal strategies which you could use to help you better achieve your purpose of glorifying and enjoying God at a personal level

Select at least one of these strategies and make room for it in your schedule.

When during the day/week/month will you slot this strategy in?

Who will keep you accountable for following through on this strategy?

Family Life

- In light of your ultimate purpose, make a short list of what you want your family life to look like at a personal level. Keep in mind any scriptural exhortations concerning the present family life roles that you have (Eph. 5:22-6:4; 1 Peter 3:1-7; remember all the one anothers of the command to love applies to all your relationships in the family too)

- Summarize this list into a concise statement

e.g. My family life purpose is to take time to enjoy with God the family he gave me, as I respectfully love my wife, be a godly coach to my children and an encouraging support to my grandchildren.

My family life purpose is . . .

- List 4 or more personal strategies which you could use to help you better achieve your purpose of glorifying and enjoying God at a family level.

Select at least one of these strategies and make room for it in your schedule.

When during the day/week/month will you slot this strategy in?

Who will keep you accountable for following through on this strategy?

Church life

- In light of your ultimate purpose, make a short list of what you want your life to look like at a church level? Eph. 4:32; Rom 12:10; 1 Cor. 12:7; 13: 4-8)

ii) Summarize this list into a concise statement

e.g. My purpose is to finish my role as a vitality interim pastor at Cornwall Fellowship Baptist Church while continuing to support the young@heart ministry at Elliott by God's grace.

My church life purpose is . . .

- List 4 or more personal strategies which you could use to help you better achieve your purpose of glorifying and enjoying God within the family of Jesus at Elliott.

Select at least one of these strategies and make room for it in your schedule.

When during the day/week/month will you slot this strategy in?

Who will keep you accountable for following through on this strategy?

Vocation and community life.

- In light of your ultimate purpose, make a short list of what you want your involvement with work/retirement/school/sports/clubs and other connections with the world to look like?

- Summarize this list into a concise statement

e.g. I glorify God by seeing the people he brings into my life as he sees them (much loved people in bondage to sin) and to love them enough to share God's salvation with them and to enjoy God's harvest amongst them.

My purpose through my connections with the world is . . .

- List 4 or more personal strategies which you could use to help you better achieve your purpose of glorifying and enjoying God in your various connections with the world.

Select at least one of these strategies and make room for it in your schedule.

When during the day/week/month will you slot this strategy in?

Who will keep you accountable for following through on this strategy?

Key 3: Practice the standard discipleship disciplines of Bible reading/memorization/journaling, prayer, worship, service, fellowship & evangelism .

- Describe your current involvement in each of these disciplines.
- In which of these do you feel you are doing well?
- What are some strategies you could use to go deeper in each of those disciplines that you feel weak in?

Select at least one of these strategies and make room for it in your schedule.

When during the day/week/month will you slot this strategy in?

Who will keep you accountable for following through on this strategy?

Key 4: Practicing the ancient discipline of contemplation

“We are already the most over informed, under reflective people in the history of civilization.”

Robert Kegan

Here are some suggestions for you to consider.

- Daily quiet time where we don't just memorize or read scriptures, or just make requests . . . a true quiet waiting for and listening to God's voice.
- Try a new translation for your devotional reading like the Message.
- Practice Gratitude – select three things from the day before that you are grateful to the Lord for. Then focus on those things till your heart is warmed by God's goodness and grace to you.
- Mini breaks during the day to stop and enjoy life with God as it happens
- Weekly times of personal worship through playing an instrument, listening to music, singing, painting, drawing, walk in nature, etc..
- Regular ½ days of Prayer with an open Bible, hymn book, worry list, devotionals etc. where you can spend an extended time of waiting on and listening to God.

Key 5: Participate in special celebrations throughout the year to focus on God's faithfulness and goodness to you (feasts of the OT)

- How can you engage in the various seasonal celebration of God's goodness and faithfulness that will enrich your enjoyment of God.

- Are there additional things you could add as special celebrations throughout the year of God's goodness and faithfulness

Examining Your Current Position in Regard to Four Pillars

Taking a hard look at ourselves is never easy. At this stage of life each of us has developed coping mechanisms to overcome weaknesses and ease imbalance. But we know when something isn't quite right. We can feel the aches and pains of the years. One or more of our pillars may need repair.

Reflection

Fill out the Four Pillar Audit

Four Pillar Audit

Rate yourself on each of the following questions. Be completely honest with yourself.
This is your starting pace for any needed improvements

Physical

Answer the following relating to your physical well being	Yes	No
Consider myself to be the proper weight for my size and age		
Eat healthy, well-balanced meals		
Eat consistently, rarely missing a meal		
Regulate the portion sizes of my meals		
Rarely get sick		
Drink water regularly throughout the day		
Complete at least two cardio workouts per week		
Have regular sleep patterns – go to bed & get up same time each day		
Have built 'Sabbath rest' into my life		
Do some kind of intentional exercise every day		
Score		

Emotional

Answer the following relating to your emotional well being	Yes	No
Have an accurate picture of the context of my overall life		
Know what energizes me		
Put healthy boundaries around my time with people who drain me		
Can forecast the times of emotional drain		
Regularly participate in the activities that build into me		
Understand how I react to change		
Others consider me to be a 'calm in the storm'		
Don't usually take out my frustrations on others		
Know when I am emotionally exhausted		
Am looking forward to 'what's ahead'		
Score		

Mental

Answer the following relating to your mental well being	Yes	No
Know how and where I think best		
Understand my learning style and communicate that to others		
Consider myself to be a life-long learner		
Know what makes me mentally tired		
Regularly take mini-mind vacations		
Consider myself to be an 'out of the box' thinker		
Have appropriate self-awareness		
Not afraid of new ideas		
Do not feel overloaded with life demands		
Others consider me to be a 'curious minded' person		
Score		

Spiritual

Answer the following relating to your spiritual well being	Yes	No
Have a clear purpose		
My personal, family, church and community life bring glory to God		
I understand and practice of standard spiritual disciplines & values		
I am enjoying my relationship with God more and more		
I take regular times to celebrate God's goodness with others		
I Take time for solitude, contemplation, reflection		
I have special personal worship times engaged in things that suit how God has hard-wired me (nature, music, poetry etc.)		
I want to know Christ more		
My faith expression is fresh and alive as opposed to rule keeping		
Believe that the best is ahead of me		
Score		

Total Score for your 'Yes's:	Individual Pillar Score:
30-40 - You are in good balance	8-10 - Excellent in this particular pillar
20-29 - Reasonable balance but need to pay close attention	5-6 – Good in this particular pillar but need to pay close attention
10-19 – Out of balance and need attention in one or more areas	0-5 – Not fit. Need immediate attention
0-10 – Need immediate attention to all areas	

PUTTING the FOUR PILLARS INTO PRACTICE

Build a Plan

We know from experience that understanding concepts and agreeing with principles is not enough. Good thinking and excellent theory alone will never get us to where we need to be.

Making changes requires that we:

- Build a realistic and engaging plan
- Understand the need for rhythms in all four pillars
- Learn to recalibrate – handle setbacks
- Write a new story

Building 'Your' Plan

For a plan to be effective it must be realistic and achievable. It must also make you stretch.

1. Look at all four pillars
2. Determine three things you will do in each pillar that will increase your energy and move you towards your purpose
3. Identify which activity will make the biggest impact and make that number 1

Fill out the table on the following page to build your plan for success in all four pillars.

Four Pillar Plan

Name:

PHYSICAL	1. 2. 3.
EMOTIONAL	1. 2. 3.
MENTAL	1. 2. 3.
SPIRITUAL	1. 2. 3.

Need for rhythms in all four pillars

Now think through a typical week. Using the priorities in your plan, map out what you want your typical week to become. Make sure the number 1 priority (at least) from each pillar is included.

My Weekly Rhythms

Think through a typical week. Using the priorities in your plan, map out what you want your typical week to become. Make sure that the Number 1 priority (at least) from each pillar (Spiritual, Emotional, Physical, and Intellectual, is included.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early AM							
Breakfast							
AM – early morning							
Snack							
AM – late morning							
Lunch							
PM – early afternoon							
Snack							
PM – mid afternoon							
Dinner							
Evening							
Snack/Bedtime							

