

VOLVO GROUP LIVE #1

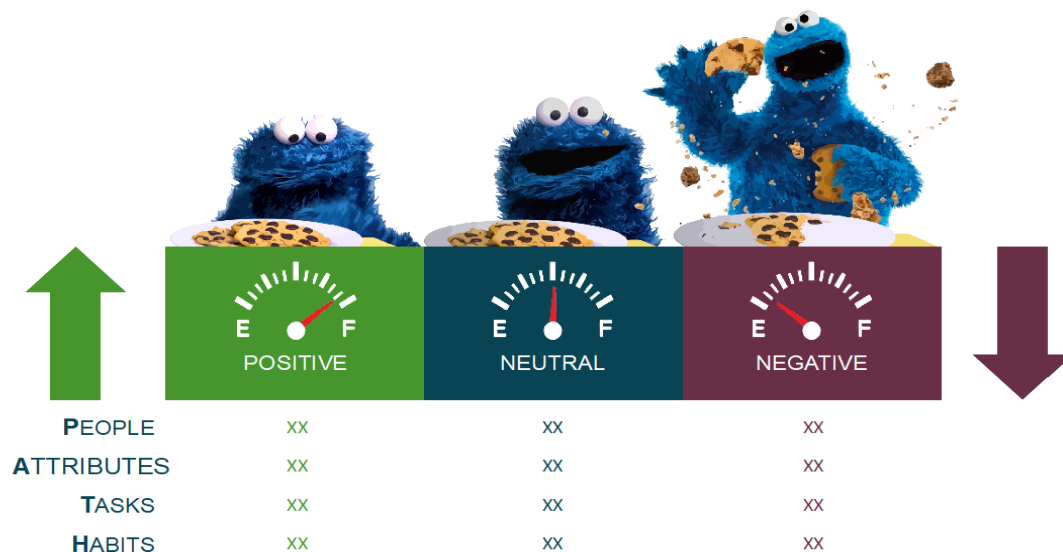
December 17 at 1:00-1:45 PM CET

VOLVO
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How to Boost Your Resilience?

Tool to strengthen your resilience ENERGY MANAGEMENT EXERCISE

This simple exercise is a good way to unpack where you get your energy from. It is a type of audit. Take a piece of paper in landscape form and divide it into 3 columns: Positive, Neutral and Negative :



(1) People – think about the main people in your life and at work and divide them into those...

- Who fuel your resilience? Put their names in the positive column.
- Who tend to drain you (even if you very much care about them)? Put them in the negative column (be honest with yourself, harsh as that may seem).
- Who are in the middle, sometimes they fuel you and sometimes they drain you – it tends to be up and down or unpredictable? Put them in the middle column.

(2) Attributes – think about the way your personality is showing up through your actions and behaviours at the moment...

- Which parts of your personality fuel your resilience, because they make you behave in ways you highly value (for example, kindness, intelligence, optimism, etc)? Put these into the positive column.
- What parts of your personality leave you drained on a day-to-day basis because they leak out in unhelpful behaviours (for example, irritability, negativity, criticism, etc). Put these in the negative column.
- What parts of your personality are neutral or sit in the middle, sometimes they work in your favour and sometimes they work against you (for example, control)?

(3) Tasks – think about how you spend your time...

- What tasks and things that you do fuel your resilience, make you feel great? Again, these belong in the positive column.
- What tasks do you find draining, make your stomach sink, perhaps things you feel you have to do but don't like doing? Put these in the negative column.
- What tasks and activities sit in the middle, sometimes they leave you energised and other times, not so much?

(4) Habits – think about those things that you struggle to give up...

- Which of your regular habits are nourishing and fuelling? Put these in the positive column.
- Which of your habits are guilty pleasures and ultimately draining because you know they are not good for you? Put these in the negative column.
- Which of your habits sit in the middle (in part, fuelling but also can be draining)?

Once you have completed steps 1-4, take a look at the 3 columns...

- Is there balance across the three columns, positive, neutral and negative?
- Overall, how would you sum up your energy levels?
- Are you in credit (more positive than negative) or debit (more negative than positive)?

If your energy is out of balance, can you identify ways in which you might dial up positive energy and dial down negative energy?

- Are there people you need to see more often or less often?
- Are there parts of your personality you need to project more or pull back on?
- Is there a different way of completing your tasks so that ultimately the way you spend your time feels like time well spent?
- Are there habits you need to give up, or new habits you need to embed to ensure there is more positive than negative energy in your life.