



THE WLA

90-DAY PLANNING

OCTOBER - DECEMBER
PLANNING RESOURCES

The Four Energies

At the core of what we do at the WLA stands The Four Energies. The concept is simple. Every thought, every emotion, and every feeling we have provides energy; energy that boosts or drains us. Whilst we all have the same number of hours in any one day, we have infinite access to both the quality and quantity of our energy. And we draw that energy from four sources - Intellectual, Spiritual, Emotional & Physical Energy.

Intellectual

This is the energy that represents logic, analysis, planning, structure, debate and focus. It's the energy that drives most organisations. Overused and it can lead to exhaustion. When used in right balance it provides clarity, prioritisation and focused attention.

In terms of potential, it's great to use for clarifying a career plan as well as a personal development plan. Secondly if you consider in terms of mindset, this energy is all about confidence and positivity. What arenas are you at your best? Are you a half full or half empty? Where does your confidence creak? How do you want to be an energy giver rather than an energy drain?

Physical

This is the energy that gives us the ability to show up fully and the way in which we show up too. It's about having presence in the workplace, being visible and managing resilience through a strong self-care regime. We have to have the presence of mind to know the importance of looking after our bodies, including our sleep patterns, our nutrition, hydration and exercise.

As leaders we can often give so much to everyone else, there's little left in the tank for us. By creating clear goals around putting yourself first (yes you first) then you will find you will have a ton more energy to give to others. Even better others may decide they don't need as much of you as they thought when you stop over giving.

Spiritual

This is about being in touch with who you truly are at your core. It's about turning the volume of the mind down so you can hear what your intuition and true values are nudging you towards. Tapping into your spiritual energy enables you to get clear on your purpose, your future and the things you truly care about.

Because it's the least talked about in organisations, it often takes the most amount of effort to embrace. Developing skills in meditation, journaling, affirmations, gratitude are just some of the practices needed to harness this, perhaps the most powerful of all, energies.

Emotional

Emotional energy encompasses our connections to others, the ability to read our own and others emotions and to use emotional data in helping us make sense of the environment. It's about using our emotional radar to build deep and lasting relationships with others. Our emotions can be positively affected by the work we do for others and in our local communities.

It's essential to build collaboration, strong networks, creativity and hope. Understanding others and listening unconditionally are two of the key milestones of strong emotional energy. The energy comes from our heart rather than our mind and many of us are not taught about how to use this energy to its most positive impact.



Energy Assessment

Being a member of the WLA is all about developing your potential. The world needs more women in senior roles, women who are more confident and have great impact (without losing their authenticity). By setting some clear goals at the start of the programme will help you gain massive traction. Consider what you would like the score to be in 3 months time. If you believe your self care is currently at a 4, then what would a 7 or 8 look like in 3 months time? What would need to happen for you to move up the scale?

The Four Energies - Categories	Satisfaction/Fulfilment Score Today (1-10) October 2023	Desired Score (1-10) December 2023	What is your priority order for your 90-day plan?
Career & Personal Development			
Confidence & Productivity			
Self-Care & Wellbeing			
Presence & Visibility			
Relationships			
Community & Giving Back			
Spiritual Goals & Practices			
Leadership Purpose & Legacy			

Intellectual	My three areas of focus this quarter	Turning this into a Goal...
Career & Personal Development	<ol style="list-style-type: none">1.2.3.	
Confidence & Productivity	<ol style="list-style-type: none">1.2.3.	

Intellectual
90-Day
Goals

Physical	My three areas of focus this quarter	Turning this into a Goal...
Self-Care & Wellbeing	<ol style="list-style-type: none">1.2.3.	
Presence & Visibility	<ol style="list-style-type: none">1.2.3.	

Physical
90-Day
Goals

Emotional	My three areas of focus this quarter	Turning this into a Goal...
Relationships	<ol style="list-style-type: none">1.2.3.	
Community & Giving Back	<ol style="list-style-type: none">1.2.3.	



Spiritual	My three areas of focus this quarter	Turning this into a Goal...
Spiritual Goals & Practices	<ol style="list-style-type: none"> 1. 2. 3. 	
Leadership Purpose & Legacy	<ol style="list-style-type: none"> 1. 2. 3. 	

Spiritual
90-Day
Goals

My 90-Day Goals: October 2023 - December 2023

You can now prioritise and block the goals into 90 day segments. Cutting the goals into four blocks makes their manifestation so much more likely to happen. By writing them down you'll feel more inspired and you'll be able to measure your progress too.

Categories	What's my no.1 goal in each of these categories?	How motivated am I to achieve it? What support do I need?	How am I going to celebrate? What's my reward?
Intellectual			
Physical			
Emotional			
Spiritual			