



HEALTH Plus WEALTH

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Stewarding Resources (Part 2 of 2)

Last month we introduced stewardship of 3 of our most valuable resources:

1. Money
2. Time
3. Energy

This month, we are recognising that even with the best of intentions, there are times when stewarding these resources can be harder than we expect. Here's why...

When we feel a lack or deficit, we can tend to develop a "scarcity mindset" and make out-of-character choices. Think about the choices you might have made when you were hard pressed for time, money or energy.

How much harder was it, from that place of deficit, to think about being generous, making a wise choice or doing the right thing in that moment? We can take shortcuts when prioritising the rest, food and exercise that we know we need in order to avoid compromising our health. We can easily end up making more selfish choices, or choices based on "whatever feels good in the moment". This can lead to a lack of emotional margin and energy. Combine this with a growing scarcity mindset and then, when we do try to make wise choices, we can be met with feelings of: "I don't know where to start", "I'm too tired to think about it clearly" or "I'm too distracted to concentrate and I'd be better off thinking about this later".

There is rarely peace and joy experienced when living a life from a place of scarcity.

We can end up in a downward spiral, leading to avoidance, procrastination in making choices, or worse, making consistently poor choices that become poor habits. That's why we need to be intentional

and think about choices regarding stewardship of money, time and energy from a place of health.

Which also means **there is good news!**

If we see a lack of emotional margin and energy as a root cause, then we can see that stewarding our energy is an area that needs investment first.

Energy is a finite resource that needs replenishing daily with fuel and rest. The quality of rest and fuel we invest in today determines the quality of energy we reap tomorrow. Therefore, the best thing we can do is be intentional about how we steward our energy.

To do this, try exploring 2 things:

1. What **gives** you energy? What feeds your soul? Where do you feel most alive, with whom and doing what? What food makes you feel well and alive?
2. What **drains** your energy, drains your soul or makes you want to roll over or pull the duvet over your head? What food makes you feel lethargic and sluggish?

The key to having more energy will be being intentional in understanding and avoiding the drains on our life and investing instead in what fuels us and is life giving.

With a little more energy, we can create enough bandwidth to be intentional about stewarding our other most precious resources - our time and money. Which means instead of a downward spiral towards scarcity, we get to live life in abundance! We can also become better stewards of our health and wealth, and we may even have enough to be generous and help a few others along the way up too!

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