



DIAMONDLIGHT  
LEADERSHIP

# Four Facets of DiamondLight Energy Management



At **DiamondLight Leadership**, we understand the challenges of being a working parent, navigating constant change. You rarely, if ever, have enough time to do the things you want to, let alone the things you have to do. It's easy to get stuck and lose your energy, excitement, and enthusiasm for life.

**Time management is not the issue.** Let's face it, we all have the same 24 hours in a day.

When you practice the **Four Facets of DiamondLight Energy Management**, you are able to manage stress and overwhelm, prevent burnout, create and maintain a sense of balance and wellbeing, and consistently perform at your best.

# Reclaim your energy and reignite your spark for life

Every individual possesses a unique and radiant diamond light within them. This light reflects your true essence, and it shines brightly when you are managing your energy and living well. The pressures of day-to-day life and constant change can dim your light.

Use this checklist to reveal how well you're managing your energy.

## MENTAL

- Do you feel mentally clear and focused?
- Do you take regular breaks to allow your mind to rest?
- Are you able to recover quickly from setbacks?
- Do you maintain a positive growth mindset?

## EMOTIONAL

- Do you feel emotionally balanced most of the time?
- Do you express your emotions in a healthy way?
- Are you willing to ask for personal/professional support?
- Do you maintain self-care practices that bring you joy?

## PHYSICAL

- Do you feel physically energized most of the time?
- Do you engage in regular physical movement/exercise?
- Are you practicing preventive medical care?
- Do you maintain healthy habits to fuel your body?

## SPIRITUAL

- Do you know and live in alignment with your values?
- Do you have a sense of meaning or purpose in life?
- Do you have a regular spiritual practice (meditation or prayer)?
- Do you maintain a connection to your inner wisdom?

## Is it time for an Energy Tune-Up?

Book your complimentary Clarity Coaching Call today.

[diamondlightleadership.ca/appointment/](https://diamondlightleadership.ca/appointment/)