

Determination & Perseverance  
2020's Lessons and 2021's Challenges



## Becoming Your Own Personal Energy Expert: Managing and Expanding Energy & Excellence

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## Becoming Your Own Personal Energy Expert



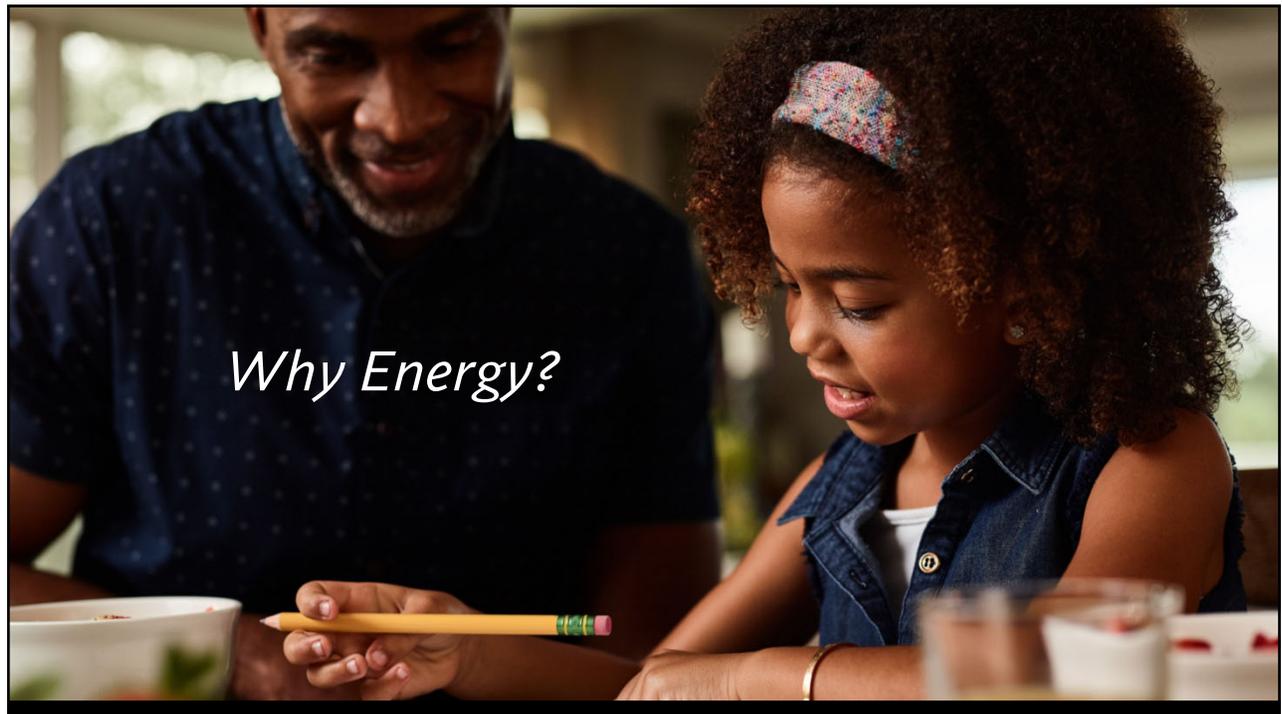
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## Determination & Perseverance

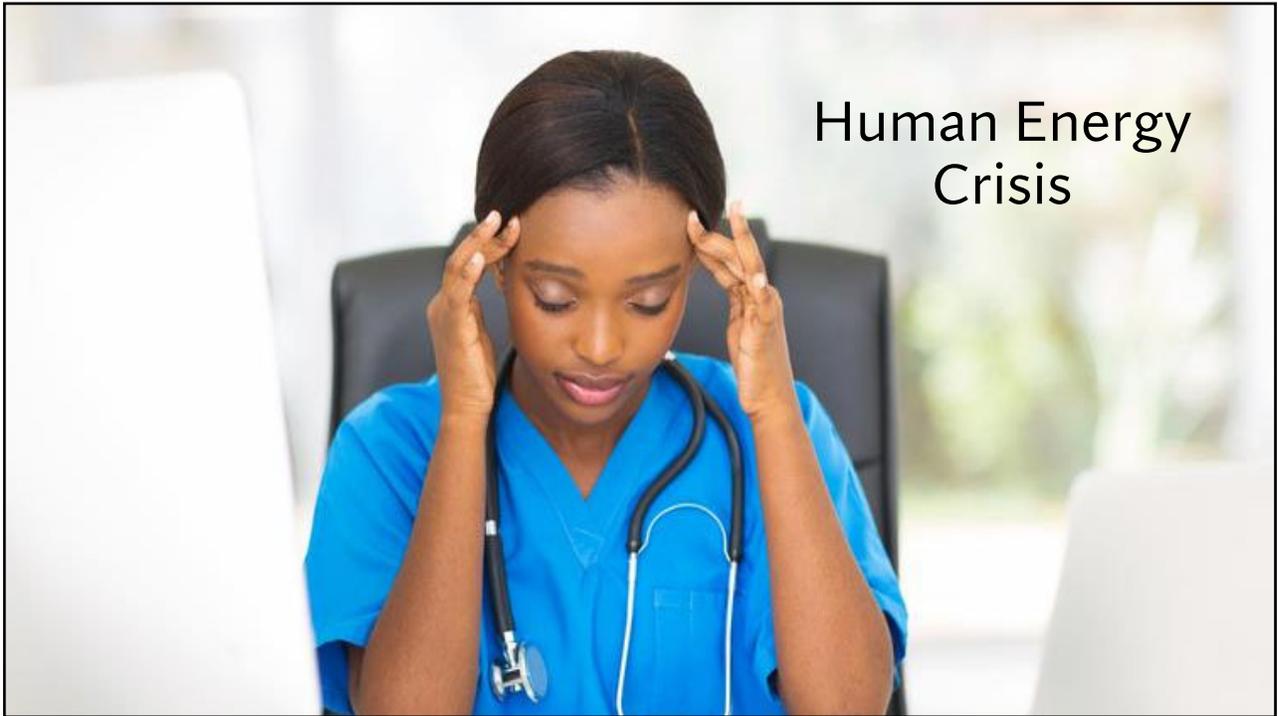
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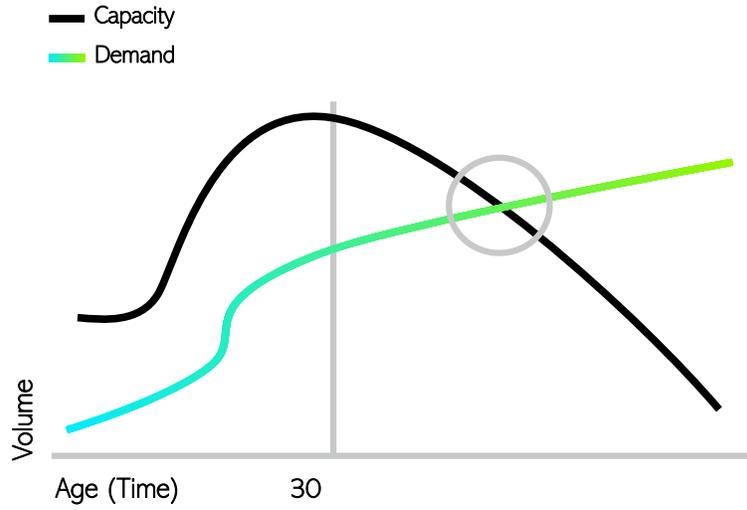
Energy is one of our most valuable resources

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# Demand vs. Capacity



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Spiritual: Force

Physical: Quantity

Emotional: Quality

Mental: Focus

Train

The collage features four distinct images. Top left: A long, straight asphalt road stretching into the distance under a clear sky, labeled 'Spiritual: Force'. Top right: A person in a dark blue long-sleeved shirt and pink leggings performing a plank on a pink mat, labeled 'Physical: Quantity'. Bottom left: A person with their arms raised in a gesture of triumph or joy against a sunset sky, labeled 'Emotional: Quality'. Bottom right: A 3D wireframe model of a human brain with glowing neural connections, labeled 'Mental: Focus'. A vertical grey bar on the right side of the collage is labeled 'Train'.

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## Best Self Vision

How do you show up for the people you serve?

How do you lead (home or work)?

How do you show up as a friend?

What are some emotions that are present?

How do you live into your values daily?

How do you show up during a disaster?

How do you communicate?

What word(s) describe you when you are at your best?

How do you show up as a parent or partner?

How would you like others to describe you?

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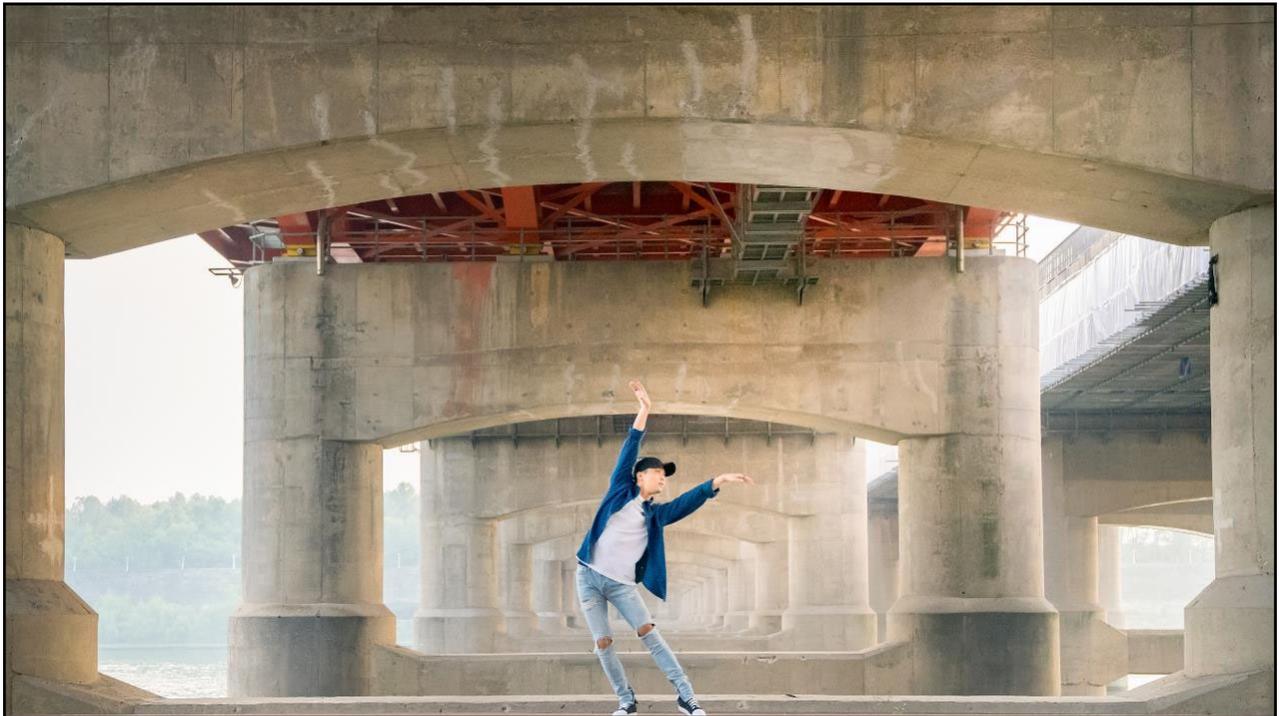
What % of time over the last six months has my best self shown up?

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## Physical Energy: Quantity

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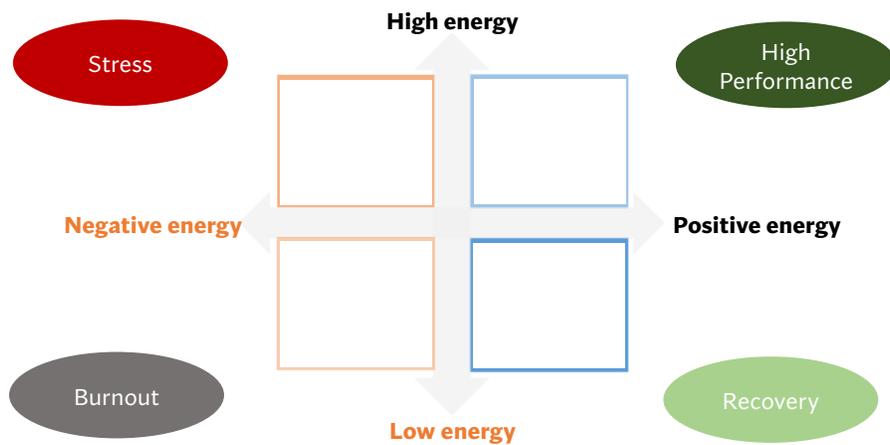
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## Emotional Energy: Quality

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## Emotional Energy Quadrants

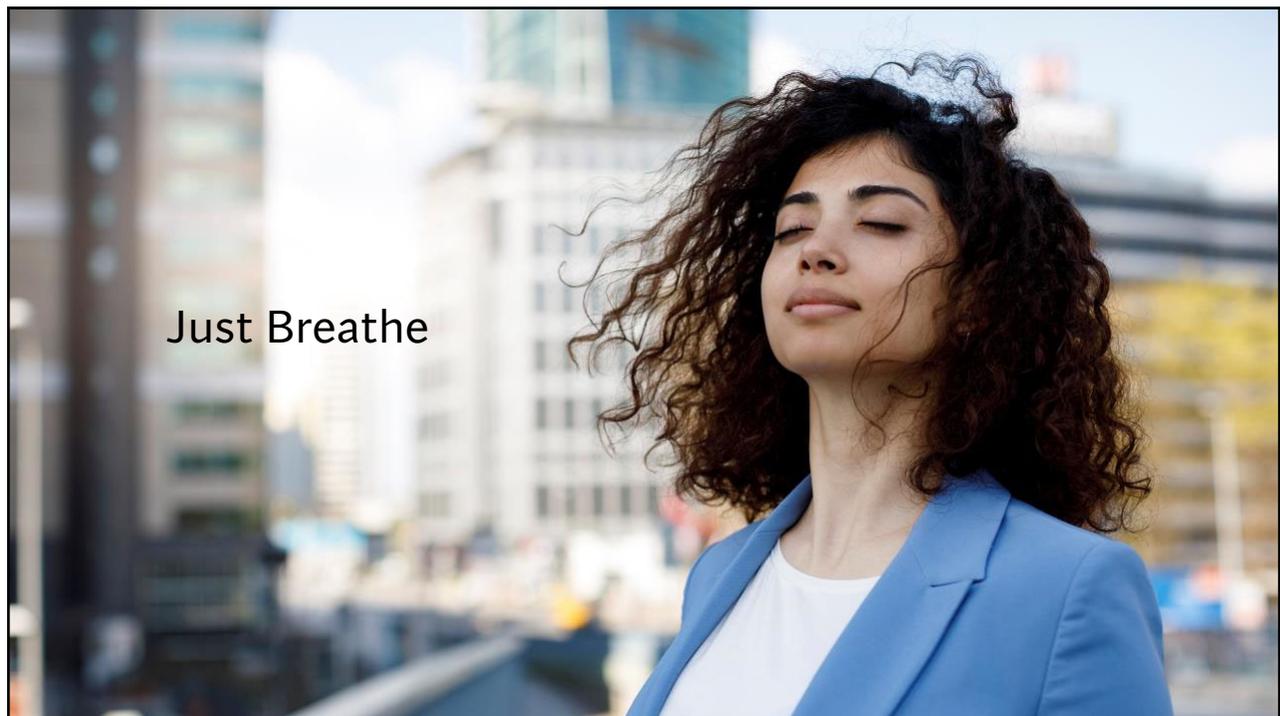


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## Emotional Energy Recovery Strategies

- Move or go for a walk/exercise
- Practice Gratitude
- Laughter
- Deep Breathing
- Compliment someone
- Call someone you love
- Play with your pet(s)
- Plan your vacation
- Read for fun
- Take a nap
- Get outside or change environment
- Journal
- Talk to a friend
- Shop?
- Clean?
- Yardwork?

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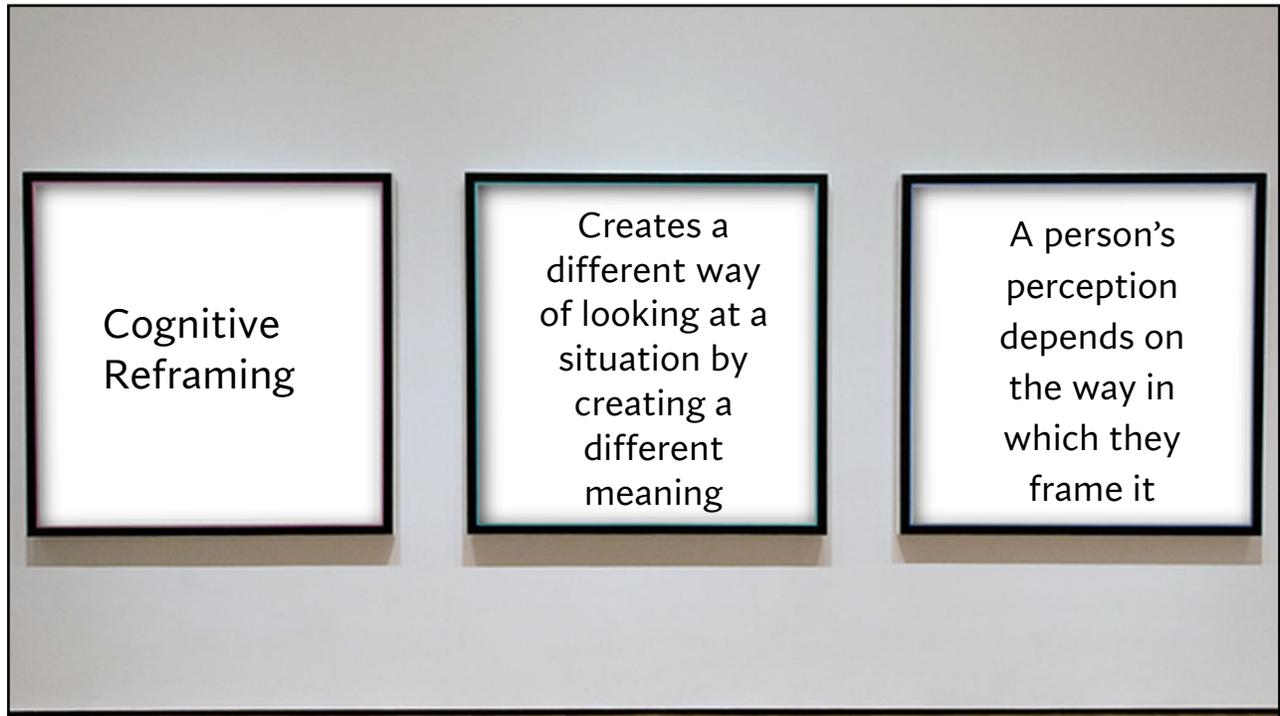


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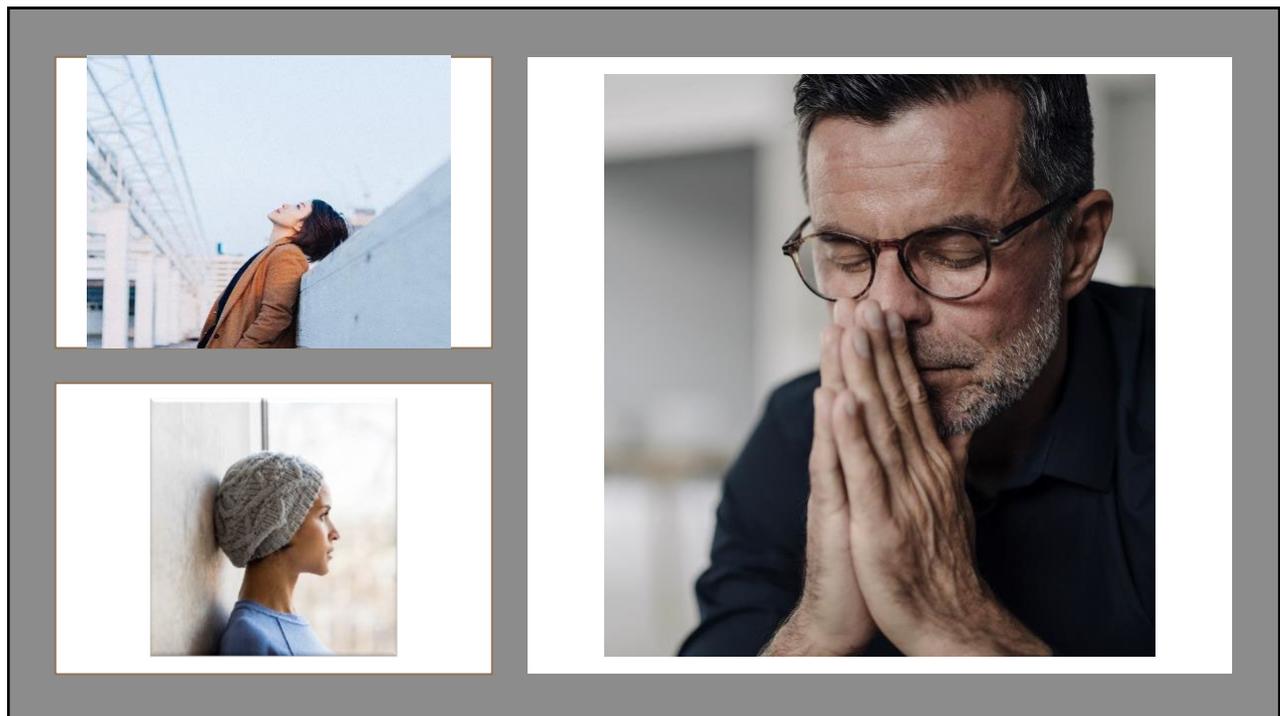


Stress

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- What opportunity does this stress provide?
- Will you gain any strengths from this experience?
- Does this stress allow you to connect with people you normally would not?
- Does this stress teach you how to be more emotionally resilient in the future?
- Does this stress offer an opportunity to be closer to important people in your life?
- Does this stress remind you of what's most important in your life?
- Will you learn any new skills from this stress?
- What are the positive outcomes of this stress?
- Will this stress help you to help others?

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**Summary:**

- Spiritual Energy: Best Self Vision (living with purpose)
- Physical Energy: Movement, Exercise, Nutrition & Sleep
- Emotional Energy: The Emotional Energy Quadrant for self awareness and self regulation of emotions
- Mental Energy: Skillful Storytelling using cognitive reframing



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What's your one big thing?



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Questions?



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