



Christina (00:00):

Faster Fluency Conversation Club podcast, the number one exercise successful people use to be happier.

(00:11):

Welcome to the Faster Fluency Conversation Club podcast by business English with Christina. If you want to be confident speaking English network with professionals around the world and practice speaking to become fluent faster, join us. We have nine conversation sessions every week, plus podcast listeners get a 50% discount on the first month of membership with the discount code FFCC50. The link to join is in the show notes. Now let's go. Hey there, Christina here. And today we have a really, really, really interesting episode, which I feel like all of the episodes are really interesting. Karen does such a good job of picking out topics, but this one I found particularly interesting and it's something that I want to actually test out in my own life. And we're going to talk about it today with Lyndsie. Lyndsie, how are you doing today?

Lyndsie (01:06):

I'm good. How are you?

Christina (01:07):

I'm doing very well, very well. Looking forward to today's topic, which is all about, yeah, this number one exercise to be happier, which was basically the idea of an energy audit. Lyndsie, do you want to try to explain what this energy audit is?

Lyndsie (01:28):

Yeah, sure. So based on the article, it's just really you writing down how you help yourself during the day and what is taking away from your energy during the day.

Christina (01:44):

Yeah, yeah. It's like this idea of you start your day and actually it's really funny that they talk about you start your day with this stock of energy on my watch, which I have a watch for running, which tracks your heart rate and sleep hours and calories and all that stuff. There is one data point, which is called Body Battery, and so it's like every night I look at my body battery, I'm like, oh, how much energy did I spend? And then in the morning I'll look and see, oh, how much did I recharge my battery? And it gives me a score. And I like this idea of this energy audit because it's like you, you said you look at your activities in the day and you say, what were the activities that burned through a lot of my energy? What was it that made me feel tired or stressed or anything like that, or just wasn't beneficial, let's say. And then what were the activities that helped you to really recover from maybe a hard day at work or a stressful meeting or something like that? And you list the activities which burned your energy, and then the activities which replenished or recharged your energy and try to make sure that there's a balance. I think.

Lyndsie ([03:14](#)):

Yeah, I think that's really interesting thinking about a body battery because if you're not at 100% when you start the day, you're not going to thrive that day. Exactly.

Christina ([03:24](#)):

You're going to

Lyndsie ([03:25](#)):

Continue to get that burnout. So I think keeping track of what helps you and what hurts you during the day is really important.

Christina ([03:35](#)):

And in the exercise they recommend that you do it for, they said one to three days. I would say probably a minimum of three days, maybe even a week, so that you can really go back and then look at your notes from the entire week and see if you can find any patterns. I know that one of my bad habits that I really need to stop is taking my phone into the bedroom when I go to bed, and I don't want to say no, it's not that that's the bad habit because I listen to a sleep podcast and it helps me to fall asleep, but it's more the fact that I go to bed, I put my phone next

to my bed, and then when I get into bed, what do I have the habit of doing? Scrolling on Facebook or looking around on Amazon or things like that.

(04:27):

But I would say that is something that's really kind of burning up the energy and maybe interrupting my sleep patterns, whereas using the Sleep podcast is a way of using the phone in a good way that actually helps to recover from a long and hard day. So I think, yeah, you have to look and see what things are helping you and what things are hurting you, and then try to eliminate the ones that are hurting you as much as possible, I would say. Because sometimes if you've got stressful meetings, you can't really change that, but you can change if you're scrolling on Facebook in bed.

Lyndsie (05:09):

And that was also mentioned in the article, which I think is interesting. Yes, some things we can't get out of. And in the article it was like sitting in traffic, well, I don't sit in traffic, but I will sit in a meeting that's an hour or two long and it's very stressful. So then instead of sitting there and continuing to work, you go do something for yourself. You meditate or take a walk or something like that. So that way you're getting that credit back up where you were just debiting that two hour meeting.

Christina (05:39):

Yeah, exactly. And I think, yeah, it's like looking for the patterns in your habits, in your schedules and then being aware of them and seeing how you can adjust your schedule so that yeah, your body battery, of course it's going to lose energy throughout the day and you're going to arrive at the end of the day tired and maybe a little bit stressed, et cetera, making sure that you're also doing things to recharge your batteries and you have that cycle because like you said, otherwise you just become totally stressed and burned out and tired and you never recover and then that's how you feel miserable, I would say. And we don't want anyone to feel miserable.

Lyndsie (06:23):

Yeah, exactly. And you want your body battery when you wake up to be as charged as possible.

Christina (06:28):

Exactly right. Okay, well thank you very much Lyndsie. And definitely, I really do definitely encourage all of you in Faster Fluency Conversation Club to go and read this article. What's it called, the exact title Psychologist shares the number one exercise Highly Successful people use to be happier. I'm literally going to start doing that exercise tomorrow. I think so, yeah.

Lyndsie (06:56):

Yeah, I completely agree. And just a spool alert on Saturday, we will be doing this together in F F C C if you come.

Christina (07:04):

Okay. Yeah, that'll be fun. Oh, I want to come to that session. Alright. Okay. Have a good one, Lyndsie, and talk to you soon.

Lyndsie (07:12):

All right, thanks. Bye.

Christina (07:13):

Thank you for listening this week. If you want to do more than just listen and you want to practice speaking vocabulary and get the confidence in English that you need for your career, become a member of the Faster Fluency Conversation Club today. And if you want to try the Club, we'll give you a guest invitation to a free first session so that you can see for yourself how awesome this club is. To arrange your guest invitation, email us at [contact@christinarebuffet.com](mailto:contact@christinarebuffet.com) and just ask, we'll take care of you.