



Learning is one. Sharing is another (be it a wonderful novel, a great meal, whatever.) ~Kate (Portland, Oregon USA)

Play my keyboard. ~John (Melbourne, Australia)

I surround myself with good people and figure out how to bring out the best in them. It produces magic! ~Jeanne (Danville, Illinois, USA)

Breathing. Loving (people, things I do). Learning (yes, me too) ~Suresh

Choosing to love. ~Warren (Cleveland USA)

For me its 'sense of achievement' along with the satisfaction that I have made a 'tangible contribution' ~Mubashir (Islamabad, Pakistan)

I love the "Quest" approach because we can listen and feel the vision, talent and energy from those who volunteer with organizations to change our world. ~Mark (Phoenix USA)

Learning, exploring, trying, applying AND experiencing when it works and shifts the reality of others towards seeing new possibilities. Which means not every time I engage in this, it works. But when it does it gives me oomph. ~Eric (Hawaii)

a hug, a giggle with family or friends, conversation with friends or family, a walk outside, quiet time with my animals. ~Carrie (New England, USA)

Playing with ideas. ~Jim (Rochester, Minnesota USA)

... to see and experience my first grandson. It has pushed me to begin to be more serious about my health, the longer I am here on this great earth the longer I will be able to see him grow up. ~Ted (Little Rock, Arkansas USA)

Purpose. ~Tom (Columbus, Ohio USA)

Walk. Think. Read. Write. ~Brenda (Chicago, USA)

Inspirations from reading. ~Susan (New Delhi, India)

Taking time to think about how to do things differently. ~Terrie (Miami USA)

... the wish to share what interests and excites me. ~Dick (Bermuda)

I ask the question, is this life giving? ~Gayle (Oregon USA)

I visit YOUR website, read YOUR books and materials!! [Becky gets extra credit] ~Becky (Atlanta, USA)

Working with high energy enthusiastic people - it's contagious. ~Darlene (Vancouver, Canada)

Curiosity ~Jen (Vancouver, Canada)

water.... being near water - in water - viewing pictures of water ... makes me happy and positive. ~Karen (Spokane, Washington USA)

Learning and connecting. ~Cathy (Bermuda)

Knowing that the work is making a tangible difference in creating a better world, every day. ~John (Oregon USA)

See new things. Get out and about with other people who have "nothing to do" with my business. ~Sharon (Ft. Meyers, Florida USA)

boost someone else up (write a recommendation, help someone get a job, ask for someone's expertise)

Helping others... raises two boats. ~Leon (Atlanta USA)

Building, running, cycling. ~Wayne (Vancouver, Canada)

LAUGH express love That was fun. Keep asking those great questions, Jim! ~Jane (Oregon, USA)

appreciative inquiry ~Judi (Boston, USA)

Doing what i like, without anybody pushing me to do it. Teaching. ~Douglas (Kenya)

I take some quiet time and reflect on the core mission of our charity and organization (cause). ... I remember "who I am, and why I chose to do what I do." ~McClain (Salt Lake City USA)

Painting fuels my creativity and energy. ~Nancy (Bermuda)

A good night's sleep. Something I believe in. ... to know the next step to take. ~Madelyn (Baltimore MD, USA)

Concern and compassion for people and the planet! ~Christopher (San Francisco USA enroute to Nairobi, Kenya)

The burning desire to make a difference - that is what keeps me going. ~Aderonke (Bermuda)

Sitting down with someone ... to see where there are spaces open for significant change. ~Heather (Calgary, Canada)

Eating well and smartly ...when my body's not vital I don't feel vital. New ideas and creative people (artists, musicians, performing artists) feed my energy and creativity to move into big contributions. ~Georgina (Toronto, Canada)

Meditate. Or spend time in Nature. Or garden. Or cooking. ~Tricia (London, England)

Exercise - Meditation - the silence of not doing. And the feeling of being in the flow when I am engaged in the work ... When I am simply being most authentically who I am... ~Kay (Long Beach, California USA)

Taking new challenges beyond my comfort zone. Update: I am now Head of a wonderful independent school as of 5 days ago! I have placed your and Pam's book "What Kind of World Do You Want?" on my desk for easy reference. ~Beth (Atlanta)

## What do you do that grows your energy?