

Batteries



- When did your phone or tablet last run out of battery power?
- Do you ever feel as if you've run out of charge and that you don't have enough energy for all the demands being made on you?
- How do you keep your own 'batteries' charged? For some people this will mean going for a run or a swim, making sure they're eating and sleeping properly, or making time to relax with family or friends.
- Are there simple changes you could make this year, to ensure that you stay charged up physically, emotionally and spiritually?
- You might like to keep a battery on your desk or in your pocket to remind you to keep your life batteries topped up.