

## Your 'Self - Recharge Responsibility'

Why is it your responsibility? Burnt out batteries don't perform!

What picks up your energy and enthusiasm?

These are the activities you need to do more of in order to live and perform to your full potential!

Understanding that 'Self-recharge' is your responsibility alone, means creating time within your week to plug in to your energy source!



- ✓ Ring up one of your most positive friends
- ✓ Take a 10 minute power nap
- ✓ Book yourself in for a massage
- ✓ Go to your favourite place with your favourite food
- ✓ Check out Auckland City's web site for what's going on  
[www.aucklandcity.govt.nz](http://www.aucklandcity.govt.nz)

**May you be a Long-Life Battery!**