

January 2026 Issue

## Your Energy is a Luxury: Spend it Wisely



Energy is a luxury we often feel the need to protect. However, what if protection isn't enough? Sometimes we work so hard to protect our energy that we can forget to invest it.

Whether it is a new hobby, a new job, or a new year's resolution – anything worth having takes some energy. But just like any investment, spending some of our energy can save us down the line. We can turn a hobby into a way to unwind or get in better shape to exert less.

It is the same with our relationships. Whether it is a family member, a coworker, or a friend, we all have people who help when we're overwhelmed. These relationships recharge us, but they don't come overnight.

Sometimes we must show up to the social gathering even though we know it's going to drain us or take someone to the airport, even though it keeps us from sleeping in. It's how we build these recharging relationships.



Our society seems to be setting more boundaries, and a lot of good things have come from this. However, as the pendulum swings, is it possible we are setting too many? Everyone wants a village, but we sometimes hesitate when it comes to being a villager.

Every situation is different. Sometimes setting a boundary is the right choice – sometimes it's not. We are the only ones who can make that call for ourselves. When it comes to our energy, the goal is to spend it wisely. Stop before you act. Ask yourself the following:

### Questions to Invest Your Energy:

- What will it cost me to say yes?
- Is this an investment that will lead to growth down the line?
- How can I show up for others/myself?

### Questions to Protect Your Energy:

- What is my intention for setting a boundary?
- How will my response affect my relationship?
- Does this align with the type of friend I strive to be?
- Will one answer lead to resentment? Have I communicated this clearly?

### Spending Energy in 2026

As we plan for the new year, be wise with your time. When it comes to saying yes or setting a boundary, there is no right or wrong answer – so long as you have thought it through. Investing wisely requires contemplation and thoughtfulness.

Don't feel pressure to make 2026 your year of yes. Your energy is a luxury and should be treated as such. Find balance. What areas can you afford to invest in, and what areas need more protection? Ask yourself, where would you like to invest this year?

As we get busy and maybe go through the motions, don't forget to remind yourself of the value of your energy. There is power in being intentional.



#### Give it a try!

Throughout the year, take inventory of your energy. Take some time to reflect on what is draining you and what can be done. Take inventory of the relationships and activities in your life that recharge you. Even as the new year passes, it is never too late to take up something new. Put yourself out there! Try something new or show up somewhere out of your comfort zone. Remember that even if a situation feels taxing, it could lead to growth later.

### Resources

[The Dark Side of Boundaries No One Talks About | Psychology Today](#)