

Need More Energy?

The amount of money Americans spend on energy producing products suggests many of us want some more. Lack of energy is one of the most common obstacles I hear from individuals seeking to change their lives. It is necessary to lay out the foundation for being able to make desired life changes and sustain them. Having visionary ideas and goals are wonderful, however, without the energy, they fizzle. This newsletter offers ways to tackle this obstacle to create energy so you can reach your goals.

Energy → Motivation → Action → Success

Worry less

Worry saps and wastes energy. Chances are if you are stuck in a worry zone you are not changing the problem. You are likely ruminating and at best contemplating what to do. Identify your worry in the form of a desired change. Develop steps toward creating changed behavior and get into action.

Simplify your 'to do' list

Create your long range vision with your short term plan as you go along. Consider, what is doable? Break it down into steps. Smaller is often better early on when needing to create energy. Once you are in momentum, bigger steps take place.

Acknowledge your accomplishments

Looking at a "to do" list can be overwhelming since you continue to see what else there is to do. The list never ends when you are in action (or procrastinating) so it is important to recognize, acknowledge and celebrate your accomplishments and progress toward your goals.

De-clutter your life

To restore energy it is necessary to create stability, order and peace in your life. This may mean organizing your office or home, creating a daily routine, making new choices toward boundaries on what you can commit to or letting go of certain demands. What is unnecessary in your life, home/office? What is creating disorder, confusion, and chaos in your life?

Regenerate with rest, mediation, relaxation

Many of us are on the go, with few pauses during the day. Begin your day with a brief centering exercise in which you gather your energy and focus on the here and now before charging into your day. Pause between activities, tasks, and parts of your day to breathe. Make sleep a priority. Most Americans are not getting adequate rest and this fact is producing an energy deficient culture. Go to sleep sooner. Consider turning off that TV earlier or leave that one last task for tomorrow.

Ask for help

Don't go it alone. Make requests of people, even unreasonable ones. What you might consider unreasonable will actually make the most difference in your energy. This is not selfish. All they can say is "no". They may though have an alternative offer for help. Once you have restored your energy you will become available to return the favor. If your life or area of your life is overwhelming, seek professional services. The financial investment there may be has a big pay off.

Avoid that which is bad for you

People that make you feel bad about yourself need to be avoided. Avoid food and beverages that reduce your energy. Instead, seek kindred spirits and energy producing food.

Try something new

Banging your head against the wall leaves one depleted of energy. Create a new solution. Think outside the box. Brainstorm with someone ideas, even outrageous ones. You will feel empowered.

Do what reflects your values and desires

There is the "should do" list and the "want to do" list. When we are doing what we desire and experience as life fulfilling we are energized. Turn some of those "should dos" into "want to" statements that have value in them. For example, "I should exercise" into "I want to feel more energized". Maintain balance between those tasks less appealing with those that are exciting to you. Overtime, you will have more energy to create more of the satisfying and fulfilling activities.

Laugh, laugh and more laughs

Don't take your life and yourself too seriously. Make room for humor. Engage with others who have a sense of humor and seek out comical activities. Become more playful.

Enjoy a more empowered, energizing, relaxed, hopeful state of being while you turn your life/work dreams, aspirations and goals into reality!

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