

Part 1 – How to have more Energy

Why you want to maximize your energy

Do you ever wake up feeling so energized that you feel that you can take on the world?

Energetic

Synonyms for energetic include ...

- Active
- Dynamic
- Lively
- Powerful
- Strong
- Tireless
- Vigorous

Nothing seems impossible, creativity and ideas come easily and problems are easy to solve.

It truly is remarkable what a person can achieve when they are fresh, have new energy, and are optimistic, ambitious and focused, compared to when they are tired, stressed, distracted or depressed, when it is almost impossible to achieve anything of value.

Contrast energized to ... chronic fatigue, tired legs, grogginess, hangovers, days lost, no motivation, no excitement, no passion, no desire, etc.

Symptoms of low energy

The opposite of energetic (antonyms) include ...

- Lethargic
- Weak
- Tired
- Wiped out
- Exhausted
- Slow
- Sluggish
- Impotent 🍷

You get the idea? And so, it's clear that we want to have **more** energy, not low energy. Energy is the key 🔑 to 'achieving all the things you want to do', and to '**being at your best**'.

How a person 'feels' throughout each day – on a physical energy scale from lethargic to energetic – is probably the most important limiting or enabling factor in accomplishing their goals in life and being successful in making life choices, and let's not forget, in feeling great.

And we want to maintain our energy and focus at peak levels, day after day, week after week, year after year, not only because this is what is expected of us by our employers and families, but also, as high-achievers, it is what we expect of ourselves, else we will not be able to successfully achieve our long-term goals.

However, Human energy is a limited resource, we each have a finite quantity, or capacity, that we can call on each day, or at any single moment.

How we utilize that energy, what we do with it, defines the success that we will have in life.

Too many people suffer from a lack of energy, because they are not informed enough to understand that human energy is their *most valuable resource*, but it is a *limited resource*, which must be used wisely, conserved, nurtured, grown, utilized, and replenished.

In a fiercely competitive world, we are all looking for every possible advantage. If you want to become highly successful, you need to arm yourself with every possible advantage, and leverage every possible edge, and that starts with giving yourself as much usable, sustainable, energy as possible.

Vitality is the state of having physical health, emotional health, and mental health, and abundant energy, of being strong and active. Vitality is the power giving continuance to life.

Every adult person's 'state' of vitality is mostly determined by their lifestyle choices and daily habits, and so, in order to help you to improve your lifestyle choices, and ultimately to increase and maintain higher levels of useable energy, Part 1 of this book will guide you to follow a regime of sleep, healthy diet, exercise, relaxation and preventive health, which should ensure your physical, emotional and mental energies are always close to their peak.

And if the foundations of human energy and vitality are sleep, nutrition, fitness, wellness and health, sleep is the bedrock on which all else rests, sleep is the first foundation to lay.

1. The importance of Sleep

'Sleep' is the single most critical daily *activity* that a person can invest in, to support all conceivable biological pathways and every component of wellness, known and unknown. Sleep is the period of bodily activity in which repair and regeneration happens, when the brain is rebooted and reset, and a person's 'total being' is rested and energized. Sleep allows for a myriad of absolutely vital functions to take place.

The Fountain of Youth

If there was a magical elixir that could help you live a longer life and a more beautiful one, which would make you look younger, boost your brain power, improve your performance, and increase your energy, would you not seek this out and fight over it at the pharmacy counter? Sleep *is* this elixir - adequate, high-quality, restful sleep, quite literally is the fountain of youth.

There are four components to sleep health: *consistency*, *duration*, *being undisturbed*, and *depth*, in-combination these define high-quality sleep.

- **Consistency** - how consistent is sleep
- **Duration** - the length of sleep
- **Being undisturbed** - how long a person sleeps without waking
- **Depth** - how deep sleep is

4. The importance of Wellness

The harder you push yourself in daily life, the higher pressure your job, or the more your family responsibilities, the more *critical* your relaxation time becomes. Too many people suffer from exhaustion or burn-out, because they are not informed enough to understand that human energy is a limited resource, which must be replenished! and this can only be done with sleep, with rest and with plenty of time set aside for relaxation and 'me time'.

But beyond the need to renew and replenish physical energy, is the need to alleviate and relieve the emotional and mental stressors that modern day pressures and responsibilities can cause. However, many people, when experiencing *more demands* on their time and energy, and *more pressure* and stress, instead of stopping and stepping back to take stock of their situation or their circumstances, instead commit themselves to working even harder, to pushing themselves harder. This is unsustainable, unhealthy, unnecessary, and altogether wrong. They take this course of action not because they take time to intelligently consider their situation, and find that it is the best course of action to take, no, they do it simply because they already have momentum in one direction – that of working hard – and it's just easier and takes less effort in the short-term – to push themselves a little harder, than to stop, think, and accept that their life is out of kilter. They are scared that if they stop for just one minute, everything they built around themselves might unravel, and if they stop, they might never be able to build back up the same momentum to keep going. They are in a hamster wheel and don't know how to get out. They simply do not know any better.

This is very unfortunate and short-sighted for those people caught on a carousel of their own making (it is of their own making btw! .. see page xx). Fortunately for you however, is that you are reading this book, and you now understand that just like with intense exercise, any person who experiences intermittent stress from work or life pressures, must build time for recovery into their schedule, or they *will* become weaker, they *will* become more prone to illness, and they may begin to suffer from preventable mental illness such as work-related stress and burn-out.

Practising 'wellness' in this regard, means taking time out from your schedule, time off from your commitments, and time away from your responsibilities, to recover, renew, refresh and rejuvenate. This is *critical* to your long-term health and happiness.

Any or all of the following activities and *practices*, can be adopted to become important components of your ongoing pursuit towards personal wellness.

- Being outdoors
- Sunlight
- Conscious breathing
- Gratitude
- Meditation
- Yoga
- Self-care
- Rest and relaxation

Each activity will bring about immediate meaningful benefits, as will now be discussed.

Each one is immediately accessible, essentially free, and as abundant as you wish. Each will be covered in turn.

5. The importance of Health

Health comes last in this list, not because it is the least important, health is *the most important*, above all else, but it comes last because the most important long-term components of health, are adequate quality sleep, healthy nutrition, fitness through exercise, and the practicing of wellness. If I was to say to a heavy smoker, “Ok right, the first thing that you have to do to be healthy and have more energy, is to quit smoking and stop drinking alcohol.”, I would probably not get a very polite reply, and if they were to even attempt to quit, they would most likely fail. However, if I was to successfully encourage that same person to sort out their sleep, fix their food, start a fitness program, and take wellness seriously, then after a few months of progress, they would likely have already reduced their alcohol intake, and probably be thinking to try to give up smoking, and they would be much more likely to succeed.

Your energy levels can be seen as a good indicator of your level of physical health, and particularly mental health. Depressed, miserable, bored are not high-energy states, and are not desirable. Optimistic, enthusiastic and strong are. So health and energy go hand in hand, and we all want to feel good about ourselves, feel happy and full of ambition and power, and so we must look after our health, all of our health, because it only takes one accident, one illness, one disease, of the many, to knock us off our feet, to obliterate the good and comfortable existence we had built for ourselves, and to derail us from all our goals in life and hopes for our future.

Putting aside the illnesses and diseases that our day-to-day actions do not actively contribute towards, this book will focus on poor decision-making choices and bad habits that over-time, can be so detrimental to health.

Part 1 – Epilogue

“A healthy life, is a more fulfilling life, in every way.”

Up until this point in your life, it has been far too easy to drift into poor decision-making choices and develop bad habits. Fortunately, you picked up this book, and you have read this far, now you have an opportunity to reverse some of the damage that has been done, and make things better, wildly, ridiculously, better. But nobody can do this for you, you have to do the work yourself. Are you willing and able to do this? Is this what you want more than anything else? If so, read on, because fortunately, it is relatively easy to break bad habits, and install and establish good habits, and Part 2 of this Book will show you how.

This book ‘**How to**’ .. has been written to educate and inform, encourage and inspire, and bring about real change in real people’s lives, not just ‘in theory’, not just ‘on paper’. And so before you move on to read Part 2, take time to work through the downloadable worksheet which will help you to integrate the lifestyle changes discussed in Part 1 into your day-to-day life.

END OF FREE SAMPLE

So, health gives rise to vitality, and vitality gives rise to positive physical, emotional and mental energy, and 'Energy' is the key to 'doing all the things' that you want to do, or need to do, to feeling great and being active. However, energy is only one part of the equation, if you now have abundant positive energy, but still don't have the time to do all the things you want to do, you will need *to make more time*, so let's continue onto Part 2 – How to make more Time.