

The Top 10 **Positive Sources of Energy**

By Natalie Gahrman, [The Priority ProSM](#)

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Negative energy sources like adrenaline, stress and worry drain your energy. These sources will provide an effective positive boost to your energy level and may even help you gain more focus while increasing performance and productivity.

1. EAT HEALTHY.

Determine the types of food YOUR body needs for optimum performance. By developing a personal way of eating that supports who you are you will be more successful at adapting to a healthy eating lifestyle. Confer with a good nutritionist, if necessary. Make gradual changes by picking just 1 food you know you should eat less of and replace it with a better food for the next 30 days.

2. EXERCISE "FUN-LY."

By making exercise fun and interesting you will stay motivated to continue. The benefits are cumulative rather than immediate. Remind yourself of the benefits and adapt exercise habits as part of your daily routine of self care. Stop thinking of exercise as an option--start now and experiment until you find something you truly enjoy. When it becomes uninteresting and a drag--it's time for a change--not a halt!

3. GET ADEQUATE SHUT-EYE.

Sleep is vital for your body and for you to have the opportunity to enjoy life fully. Determine how much sleep your body needs in order to be properly fueled. Create the environment that nourishes your most effective sleep. Try on new habits--avoid watching TV, reading, doing work in bed and use your bed instead as a quiet time to fuel your body with rest. Be sure your bedroom is a peaceful place for you.

4. CREATE BOUNDARIES.

Determine what is absolutely important to you and begin saying "no" more often to requests outside of the list. Focus on your current priorities and let that guide you to make wise choices about how to use your time and how to live your life. Define and honor your priorities into your everyday life. Take control of your life and your time by establishing clear boundaries.

5. USE POSITIVE THINKING.

Negative thoughts and worry zap your energy. Think high quality thoughts instead. The power of thoughts is often the creation of reality. Hang out with positive people, as well.

6. WRITE IT DOWN.

Put your goals and dreams in writing to help make your intentions more clear and begin drawing these things into your life (based on metaphysical law!). Be very specific and include as many exact details as possible. Keep this list visible and refer to it regularly to keep the thoughts alive in your mind.

7. ELIMINATE TOLERATIONS.

"Putting up" with things is one of the biggest energy drainers for many people. By identifying and eliminating whatever it is you are tolerating you will free yourself to start attracting more of what you do want.

8. LET IT OUT.

Laugh, cry, scream, holler or yell--do whatever it takes to let the emotions you are feeling out.

9. USE BODY WORK TO ALLEVIATE THE TENSION.

Our bodies hold high amounts of tension and anxiety. Whatever you select, a massage, facial, manicure, pedicure, herbal wrap, chiropractic care, reflexology, acupuncture, etc., bodywork is an important measure for restoring balance, getting circulation flowing and increasing your energy level.

10. DO SOMETHING.

Whether you choose to do something wild and extravagant or just something you have always wanted to do, stop dreaming about it and start doing it. Rather than using your energy to dream or think about it--just put yourself in action and DO IT!

About the Author:

Natalie Gahrman is an internationally certified professional coach and work/life expert who works with organizations to underscore the causes of stress and productivity issues and teach their employees how to better self-manage their burgeoning workload – in all aspects of their lives. She delights in helping entrepreneurs, executives, and SuperBusySM Parents balance their work and personal life, achieve better results, and create more fulfillment and congruency in their life.

She is the author of the award winning, *Succeeding as a Super Busy Parent* and *Tools for Creating Success, Fulfillment and Balance in your Work, Family and Personal Life*. Natalie has helped thousands of people at every level of the business manage the complexities of life's challenges through individual & group coaching, workshops & keynote presentations, on-line advice, a monthly column in *Moms Business Magazine*, and her free e-newsletter (which you can subscribe to at www.theprioritypro.com). She is a contributing expert for *Parenting Magazine*, *BlueSuitMom*, *iVillage*, and *MyPath*. She has been featured in a number of articles and on TV and radio in the US, Canada, Australia, and the UK.

To learn more about how coaching can help you or to arrange an introductory coaching session, contact natalie@theprioritypro.com. To subscribe to our free bi-weekly e-newsletter, visit our website, <http://www.theprioritypro.com>.