

The 11 Secrets To Putting More Life In Your Days

...Giving You The Vital Energy You Need To Create Success

As we know, the energy we put behind our efforts directly correlates with the success we create. The following 11 Strategies, although sounding simple, will put an amazing amount of extra energy in your life. In fact, by adopting these simple strategies into your life over the next 30 days, you will see an immediate impact in increased energy and enthusiasm.

- **HYDRATE** - Drink 8 glasses or more of water – every day. Put a jug or bottle at your desk then drink it throughout the day – over 70 % of Canadians are dehydrated without even knowing it. Water is vital to your energy and overall health and is critical especially for us who live in the dry climate of Alberta. “Fill ‘er up!”
- **FREE TIME** - Take out your calendar and pre-schedule your Free-Time. Use a pen to mark off full days where you will be doing nothing to do with work. This is critical time for you to re-charge not only your batteries, but also your brain. Start with two days a week (weekend?) and then as you progress add additional days. The more Free-Time you pre-schedule the more you’ll get done during your ‘work’ days.
- **READ** A Good Book. The simple act of picking up a good book and losing yourself in it will stimulate both sides of your brain. So not only does this increase your brain power, it will also boost your energy by providing you with some additional re-charge time.
- **CLEAN-UP** – Complete a major clean-up in your life. It can be a physical clean-up, like sorting and throwing out the piles in the basement, or a mental clean-up like finally filing your last year’s taxes. Every single one of these ‘open’ items you have in your life suck energy from you as they reside in the back of your mind, the subconscious will actually hold you back until these are cleaned-up—whether you know it or not. Do a simple one today (the junk drawer?) and witness the feeling you have when you’ve completed it.
- **EXERCISE** – Exercise a minimum of 30 minutes per day for 10 days or more a month. Walking, yoga, going to the gym, playing a sport – whatever you feel most comfortable doing, just do it. The strange relationship that you’ll notice developing is that the more you exercise the more energy you’ll have. The key is to get started, once your momentum begins your body takes over and begins to crave this energy booster
- **DELEGATE** – Find things in your life that drag you down and delegate them. Doing things that distract you or are perceived as negatives in your life will suck your energy. This delegation process may seem like a “cost” in your life, (such as hiring a bookkeeper) but the time and brain space it frees up will allow you to focus on what you do well – therefore increasing your overall income much more than the cost of the delegation. Now take this to a senior level by delegating some of the clean-up (as discussed above) and watch your energy soar.
- **HEALTH** – Cut way back on white flour and refined sugar. These are two of the most powerful substances unleashed on the North American public and they are damaging. Both of these are so refined that they are designed to give you an instant hit of energy, but once that hit has passed (often very quickly) your system crashes

and starts to crave your next hit. (sounds an awful lot like illegal drugs, don't you think?). This is dirty fuel, and like any engine you put in dirty fuel your body runs terribly, less 'horsepower' and shorter stamina. Take the extra couple of minutes in the grocery store and read the sugar contents of the items you're buying, it won't take long until you discover some amazing products that contain little or no sugar or refined white flour. By wiping these out of your diet wherever possible and replacing it with less refined foods, your body will appreciate the cleaner fuel and begin operating at a level that will amaze you.

- **SLEEP --** Get a full night's sleep at least 20 nights a month. Sound impossible – well I thought so to, until I started to have more energy during the days, making me much more productive. Our society is filled with sleep deprived people wandering around in a half daze without even knowing it. Remember how good you felt during your last vacation when you were able to catch up on some sleep – well why not feel that good everyday of your life. Try it out over the next 30 days then take note of how you feel, I guarantee if you combine this extra sleep with the other strategies in this list, you will be blown away by the amount of extra energy you'll have.
- **APPRECIATE --** Over the next 30 days, express your appreciation to at least 10 people in your life. Whether family members, co-workers, employees, service staff or others who you appreciate what they brought to your life. This simple act of showing and verbalizing your appreciation surprisingly increases your energy. Look them straight in the eye and tell them what you think and why, or send them a completely unexpected Thank You note.
- **KINDNESS --** Practice random acts of kindness without looking for acknowledgement back. Maybe it's as simple as plugging in a quarter in an expired parking meter, or going out of your way to help a tourist with directions. The time and effort you put towards these acts will be paid back to you with a wonderful feeling of well-being and boost your energy. As you go about your business today, watch for these opportunities, then act upon them.
- **CREATE --** Create something new and exciting in your life. Initially that could be implementing the strategies listed above. Or maybe it is sitting down and beginning a fun project you've always wanted to do. Dance lessons, playing hockey, riding a horse, planning a major trip to Europe, or investigating that perfect recreational property. Bring in something new that you have passion about and begin to have fun with it. The excitement this will bring will boost your energy in all areas of your life.

Having increased energy will provide you with increased free time, which in turn will enhance the quality of your life... and your ability to create income and wealth. Your health and energy level is critical and if you aren't looking after it, who is?

Make the commitment that most successful investors and business owners have – you are the engine that drives the success around you, make sure you're doing everything you can to keep that engine running at peak efficiency and you'll be pleasantly surprised not only by the success you'll create but also the increased energy others will have around you.