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PERSONAL ENERGY
COACHING

Getting Out With Friends...For the Health of It!

It's Friday...a cold windy snowy February Friday and the last thing I have on my mind this morning is to go out and play outside.

That's the old boring and "not so smart me" talking of course.

The smart, healthy and "loving my life me" is anticipating going out with a couple of girlfriends tonight to skate...outside!

I often hear or read that our life is made up of the sum total of our daily decisions. I get that...now. I didn't necessarily get it before, but since I have created my best vision for my best "me" it makes perfect sense to get excited about going to play outside tonight.

I have a PEP; a Personal Energy Plan. Every year for approximately 5 years now I have committed to working on some personal goals relative to my personal energy. It turns out that going outside to play with girlfriends tonight takes care of all four areas of my PEP.

Physical Energy-I am skating, using muscles and making my heart beat faster.

Emotional Energy-I am laughing and feeling good which replaces any negative emotions.

Mental Energy-I am focused on my skating and being present with my friends which allows my brain to relax and enjoy the pace.

And last but certainly not least, my **Spiritual Energy**.

I am connecting with friends, with nature, and with my authentic self; I am so grateful for my life.

When was the last time you got out to play with your friends? Are you having fun minding your health? If you are, please share. If you are not there yet, perhaps it's time for a chat.

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