



Louise Bergeron



**PERSONAL ENERGY
COACHING**

Personal Energy...Need a Boost?

On a scale of 1-10 what has your personal energy (PE) been over the while? Take some time and think about it. Why? Because your energy is what makes you or breaks you!

Personal energy is made up of four areas: physical energy-the ability to do, mental energy-the ability to think, emotional energy-the ability to feel and spiritual energy-the ability to connect.

If you rated you PE as low, are you ready to make some changes? Perhaps I can help. I have been on my own journey to being my "best self" for some time now and I am happier and healthier today than I have ever been in my adult life and it is all connected to my personal energy.

I would like to share with you some of the Personal Energy boosters that I have learned and have adopted for life. These energy boosters are easy to do, accessible anytime and guaranteed to work! All you need is love and time....for YOU!

Physical Energy Boosters:

- 1) *Start your day off with 12 ounces of water* before you reach for your coffee. We wake up dehydrated and our bodies are... Ironically, we reach for our coffee to energize and wake us up, but coffee dehydrates us further! You may even notice yourself continue to drink water during the day flushing your body of toxins more consistently and supporting the energy boosting process throughout the day!
- 2) *Walk.* I am not going into why walking is important-that information is everywhere. Just do it! Start with a few minutes a day preferably outside in the daylight. This way you also get some vitamin D. Walking has been the number one contributor in my life for past weight loss and proper weight retention. Too many meetings? Have a walk meeting. If you walk with a loved one, you meet a physical need as you move, talk and connect. Now that's energy value for your time!

Mental Energy Boosters:

- 1) *Lists.* This is like the big garage or closet clean up. Start with taking everything out first and write out all the "to dos" on a list. Then organize each item by category and priority. Keep the process simple and practical so it will work best for you! You can also, create a "wish list" in addition to your to-do list. Write down those wishes that are important to you and get them out of your head. This is part of the clean up and besides, wishes stand a better chance of happening when they get on paper where you can see them. A clear and organized mind is an energized mind.

- 2) *Stop "should-ing" on yourself!* "You should do this." "I should do that." If we are not "should-ing" on ourselves, others are "should-ing" on us! "Shoulds" take a lot of mental energy to store and they just keep tumbling around in our heads draining our energy. Get rid of "shoulds" by using this line. "*I choose to (insert a want or a wish) therefore I will (insert an action towards it).*" Fill in the blanks with what matters to you. When we empower ourselves, we feel alive and energized!

Emotional Energy Boosters:

- 1) *Shifting your perspective.* Look for the positives in everything. This does not come easy for many, so practice, practice, practice, until it comes naturally. You can still look at "what's not working" with a positive attitude that wants to create solutions and looking at "what IS working" will give you the energy to make the improvements. Feel your emotions shift when you do this and create the necessary energy to deal with problem solving...if there is a problem and IF it is in your control in the first place! Save energy and create energy...shift from negative to positive thinking!
- 2) *Faith over fear.* This is a very powerful tip. Write down what you are afraid of. Next, write what faith and wisdom sees as true or what your best friend might see that you don't always see. Sometimes fear makes us see things that aren't actually there. Ask yourself this: Is this fear the truth? If it is true, then write down some ideas and start planning to deal with it. If it is not the truth, toss it...literally....in the trash, in a shredder or in a fire. Try this exercise and notice what happens. If you are unable to do it on your own, ask a trusted confidante for some help. Choose faith and find energy!

Spiritual Energy Boosters:

- 1) *Make someone's day.* Do something special for someone. It doesn't need to be complicated. Do not tie your level of happiness to the outcome, just do it because you can and want to. Light up someone's spirit and feel the energy it produces for you.
- 2) *Journal gratitude.* Take some time today and list all of the things you are grateful for on paper. When you got 10, write down 10 more and 10 more...you will be surprised on how much you actually have to be grateful for. As you do this exercise, you will feel your spirit awakening. It is impossible to be negative and grateful at the same time. Plan to do this today and feel the energy flowing from a place of pure joy!

If you commit to trying just one of these tips and sticking to it for a month, you are on your way to taking charge of your personal energy. Start in the area that you feel most comfortable and drawn to. Take small steps towards your goal(s). Celebrate often and remember: Your personal energy is what will fuel your journey towards your "best self".

www.personalenergycoaching.ca
louise@personalenergycoaching.ca

© 2011