

## Six Keys to Boost Your Energy to Perform Like a Champion

Whether you are a manager, parent, CEO, or employee your performance determines the results you get. What determines your performance? Energy! Like the gas in your vehicle, if your car is on empty it won't take you to where you want to go. The same is for you. If you lack energy, it is difficult to produce the results you want. Maximizing your energy levels will allow you to take massive action in getting what you want in life.

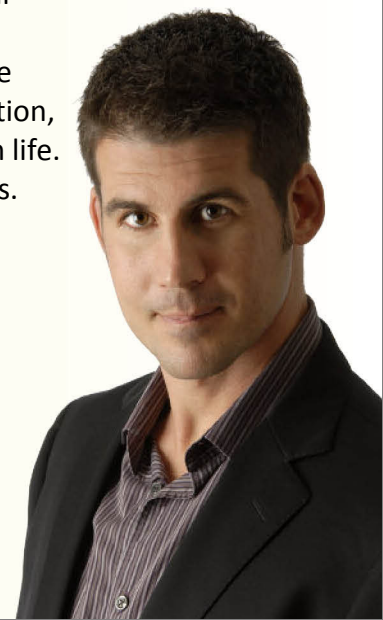
Here are *six keys* to increase your energy levels so that you live with passion and produce outstanding results.

**E – Exercise** - Life is about continually moving in the direction of your goals, desires, and aspirations. Moving your body makes you feel great and keeps you healthy and energized. Many programs such as weight training, running, swimming, yoga, Pilates, body toning, and aerobics are very accessible. Depending on your level of fitness, exercising three to five times per week is recommended. Are you currently involved in an exercise program and do you work out regularly?

**N – Nutrition** - Food is energy. What you put into your body will determine how much energy you have. Eating smaller portions throughout the day allows you to keep your metabolism high and your mood balanced. Many people find it challenging to eat well because of their fast-paced lives. One way to overcome this challenge is to cook and prepare meals for the week in advance. This allows you to have more time for other important things in your life. Are your current eating habits allowing you to stay energized and healthy? How can you improve your eating habits?

**E - Emotions** - Emotions are the most powerful force inside of us. When we intelligently channel our emotions, we can produce outstanding results in our lives. Your emotional energy will determine how you feel and act. Emotions of love, passion, curiosity, determination, feeling healthy, contribution, confidence, and cheerfulness will compel you to achieve what you want in life. Emotions of fear, anger, disappointment, anxiety, guilt, frustration, and inadequacy can stifle your energy and stop you from producing what you want in life. Try replacing any negative self-talk with positive self-talk to create powerful emotions. What emotions are you experiencing most throughout the day?

**R - Rest and Relaxation** - Sleep and rest are very important to recharge your battery and re-energize yourself. Some research shows that eight to ten hours of sleep is recommended for a healthy lifestyle. Yet, many people who are living a healthy



lifestyle are getting six to eight hours. It is not the quantity of sleep but the quality that matters. Meditating is another to help you relax your body and mind. Other tools, such as self-hypnosis, guided visualization, and taking naps can aid in re-charging your battery. Do you feel like you are getting enough rest?

**G – Goals** - Goals are like magnets as they pull you in the direction you want to go. When you set an intention, energy will magically appear to help you achieve your goals. What are the most exciting short-term and long-term goals that you want to achieve? Write them down.

**Y – Yearning** - People who love what they do feel passionate, energized, and fulfilled. When people follow their heart and do what they love, the money will follow. Hence the phrase, “Yearn, learn, and earn.” Are you doing what you love to do and if not, then why?

Challenge yourself over the next 30 days to start applying these six keys. Notice how your energy will soar as you perform like the champion you truly are.

*Wayne Lee*

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