

Bounce Out of Bed and ... Power Through the Day



As I write this week's article I am very excited to be sitting in my new office in my new home! I am looking out of the window at a beautiful view and feeling great. However, yesterday was a different story! I was up at 6am and moving all of our stuff until about 10pm last night - exhausted! I firstly had to wonder how we accumulated so much stuff, and even more amazing was how it fit into that small apartment! The second question that came to me as I lay in bed last night, absolutely spent, was where did all the energy come from? I wondered how I could possibly have done that amount of physically demanding working for such an extended period of time ...

In many of the talks I do around health and wellbeing I will often start the talk by asking the audience how many people actually bounce out of bed in the morning. The answer is always underwhelming ... maybe 5%! I then ask how many people roll out of bed ... a few more. Then I ask how many fall out of bed ... I get a chuckle and few more responses. I then ask the audience, irrespective of what time it is I am speaking to them, how many wish they were still in bed ... I get a good laugh and about 50% of the room will always put their hand up!

When you think about it, this is not a laughing matter. It is actually a sad reflection on the lives we are living these days ... significantly less satisfying than what is truly possible for us. Think about it, without energy everything suffers. We will be less productive, less motivated, more moody and harder to live with. We will exercise less, crave and rely more on convenience foods which will devastate our wellbeing. We will achieve less, laugh less, stress more, make less money and compromise our own happiness and the happiness of the people around us. Does this sound bad? Does this sound like you? Is it time to do something about it? Good, then let's fix it ...

Let's bounce out of bed – and keep bouncing!!

I am about to share some stuff and I can already predict some of your reactions ... *"I already know that, why is he telling me this again?"* Let me answer that question with this one ... *"If you know what to do and your aren't doing it, why not?"* Don't you hate that question? You see, again I am sure you know that knowledge is not the answer – if it were then we all be happy, healthy, prosperous and successful. The key to creating your perfect world and the abundant & ongoing energy to enable you to power through the day is about the application of knowledge and consistent action! Sorry, there is no pill!!



If you do nothing more after reading this article - just pick one thing and do it differently – not just for today and tomorrow, but commit to it forever. Don't just do it for you, but do it for your partner, your kids, for your job and/or your business. Do it to put yourself on a path that will lead you to a healthier and happier life – is it a deal? Good!

Three steps to Power Plus!

Here are three simple steps to help you not just bounce out of bed but stay powerfully activated for the whole day – no matter what you have to do!

1. Get a purpose and get a goal



In my experience and observation of people I have noticed that the ones with the energy are those who are heading somewhere. I find that the people who seem to be trudging through life with no real vision or goal in their lives are perpetually tired. When you have a goal which excites you and something meaningful to work towards I guarantee that you will not just bounce out of bed, but you will do whatever it takes to get it done!

My suggestion is that you start small, but get started today. It may be a fitness goal, it could be a financial goal, maybe a family goal or even a business goal. Just make sure that it is something that excites you. If the thought of having it achieved is compelling enough for you then things that have previously been a chore and hard to motivate yourself to do will actually be exciting as they will be moving towards your fabulous goal achievement. Get your heart and mind fixed on that target and watch yourself fly towards it with energy to burn.

2. Eat the right food at the right time of the day



Boring!! Yes, it is boring and I am even bored writing about it again! One day maybe the message will sink in and we will just make better decisions about our eating – hopefully before our life is devastated by our current poor nutritional choices. Wow, that was harsh wasn't it? I am not sorry either! It is about time we started to do what we already know we need to do – our energy and life depends on it. Food fuels us – the right food will supercharge us ...

Eat a healthy breakfast within 30 minutes of getting up. Snack on a healthy and natural protein based snack every 2 hours. Enjoy a healthy and nutritious lunch and a small balanced dinner. Eat more fruits, vegetables and whole grains. Eat less processed foods. Drink more purified water. Eat more fish & omega 3 fats! Surprise - nothing new! But now **I know you will do it** as it will fuel you to power through the day, energy to burn and achieve your goals.

3. Move your body everyday

The more you move the better you will feel. The more you move the fitter you will get. The more you move the better you will sleep. The more you move the leaner and healthier you will be. The more you move the more energy you will have. Sounds pretty compelling to me! Keep it simple, keep it fun, fit it in with your daily regime and you will feel amazing as a result!

Ready, set, go ...

Are you important enough and is it worth it? Energy is there for all of us, but we do need to do some simple things. Go on bounce out of bed and power through your day to a better life ... **I dare you!**

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