

Title:

5 Ways To Maximise Your Personal Energy Supply

Word Count:

687

Summary:

Different governments, officials, environmental agencies exhort us to conserve the energy we use.

On a personal level I think that we also need to know how to conserve, focus and maximise our energy.

Keywords:

personal energy, release, resistance, creating, attracting, abundance,

Article Body:

Different governments, officials, environmental agencies exhort us to conserve the energy we use.

On a personal level I think that we also need to know how to conserve, focus and maximise our energy.

Interestingly enough I've also found that as I conserve, focus and thereby maximise my energy, I attract more energy.

So here are 5 Ways to Maximise Your Personal Energy Supply.

#### 1. Release Resistance

Releasing resistance will affect a profound change in your level of energy and how you view the world.

Related feelings and behaviour include: procrastination, using willpower and discipline to effort.

Releasing resistance can be as easy as just making a decision to let go of whatever you are holding on to.

#### 2. Reduce time watching TV

Watching TV unconsciously is very exhausting. Haven't you noticed that when you watch TV continuously you feel drained?

Am I saying that you stop watching TV altogether? No, but to be more selective and watch only what you need.

#### 3. Consciously create vacuums

Ever heard of the saying: "Nature abhors a vacuum". If you clean out an area of your life, you will attract more energy.

#### 4. Avoid/deal with Energy Vampires

One of the quickest ways to get an energy boost is to disassociate yourself from those with whom you drain your energy.

#### 5. Create quiet time for yourself every day.

Not to do anything (unless it relaxes you), but just to clear and refresh your mind. We are humans and we need quiet time.

If you only do one of the above, then your life will undergo a profound change.

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