

10 Ways to Boost Your Positive Energy

By Dr. Larina Kase

Wouldn't it be great to pop out of bed in the morning, have flowing energy throughout your day without any caffeine or candy bars, accomplish everything you want, and feel great? For most people this would be a dream – we could all use more energy!

I'll share with you 10 simple tips to boost your energy each day. The key is consistency. You need to do these things regularly to feel the cumulative effects.

1. Plan important activities when you have the most energy. This is one of my favorite tips. Plan your schedule around your energy level. Choose activities and projects that are naturally energy producing at your low points in the day. If you drag in the morning, plan one of your more enjoyable activities first thing. It may take some time to transition your schedule but it will be worth it!

2. Fill your days with what you love. Nothing is as energy increasing as passion and enthusiasm. If you have no interest in your work, it's unlikely that you'll ever have optimal energy about your work. This doesn't mean that you must love everything you do but at least some of it must utilize your natural talents and interests. You can also look for ways to do what you love outside your job, so that much of your day is built around your passion.

3. Boost your energy by getting regular exercise. This certainly does not come as a surprise to you. You know that you exercise makes you feel good and boosts your energy. You just need to do it – regularly. Until you commit to regular exercise, you're unlikely

to see changes in energy, but once you do, you'll find that your energy goes through the roof. Experiment with different types of exercise (from yoga to kick-boxing) to see which works best for you.

4. Know your personality style. Your personality determines what is energy draining or producing for you. If you're naturally an introvert you typically recharge by quiet time on your own. If you're naturally an extrovert, you typically gain energy by social time with others. Build in time to nourish yourself each day based on what your personality craves – time alone or time with others.

5. Eat right and watch your energy soar. This is another one of those tips that you already know but, if you're like most people, probably aren't doing. A diet rich in complex carbohydrates, protein, and fiber will help you sustain energy and avoid the sugar roller coaster that you get when you eat sugary snacks. If you have kids, make this a family goal and watch everyone's moods even out.


6. Keep the big picture in mind. It's easy to get caught up in the moment of stressful situations and feel exhausted. If, however, you remember the big picture including why you're motivated to achieve your goal or why the small stuff isn't that important, you'll feel energized. "Don't sweat the small stuff" actually is good advice.

7. Drink water. One of the most common causes of fatigue is dehydration. We often mistakenly assume that we're hungry but the fatigue culprit is often

thirst. If you find yourself dragging throughout the day, try drinking more water and observe the difference.

8. Celebrate and reward achievements. Most people overlook their achievements and instead focus on everything that has yet to be accomplished (and this to-do list is always long). The more you focus on your achievements, both large and small, the more success focused you will become. This will help you achieve more and all this achievement is sure to boost energy.

9. Avoid energy-vampires. You know these types of people. Just being in their presence seems to drain your energy in the blink of an eye. Sometimes you cannot remove these people from your life, but you can use assertiveness skills and limit your time with them or request changes.

10. Take physical and mental breaks. Monotony is exhausting. Periodically give yourself a break by a few moments of mindless activity and quick stretching exercises or walking. If you cannot remember to take breaks, set a timer or schedule reminders in your calendar. A short break can go a long way in helping you to be more focused, happy, and energetic. 

Larina Kase, PsyD, MBA is a Business Psychologist and New York Times bestselling author. Her latest book *"The Confident Leader: How the Most Successful People Go from Effective to Exceptional"* is about how to exert anxiety into positive energy. Learn more at www.pascoaching.com/ConfidentLeader