

Mind Your ENERGY

This ultimate e-book is designed to help you improve your energy level.

BY LINDA LANGE



Welcome!

I'M LINDA

I help high-performing professionals live life with more ease and energy!
I moved from my 20+ years corporate career to becoming a Holistic Energy Coach. I have been diagnosed with burnout before and I decided to live my life differently. I share all of my learnings and techniques in my courses, memberships and my free Podcast!

MIND YOUR ENERGY E-BOOK	WWW.LINDALANGE.COM

MIND YOUR ENERGY

OVERVIEW

Lesson 1

How to Be More Present in the Moment

You'll know what the present moment is, how you can be more present and when you are not present but rather in your mind, and the Top 3 Techniques to get yourself out of your mind and into the present moment.

Lesson 2

4 Major Benefits From Being Present

You'll know the main benefits of being in the present moment. There are many more but I focus on the 4 main ones which I regularly share with my clients and community.

Lesson 3

Watch Outs to Protect Your Energy Flow

You'll know 2 areas that influence your energy levels and that I keep coming across with my clients and even with myself. They are the Words We Speak and the Emotional Energy Eaters. Watch the Training to find out more.

Lesson 1

How to Be More Present in the Moment

What is the present moment?

Being present or being in the present moment means you are in the here and now. You are completely focused on being where you are, how you are and taking in your immediate or wider surroundings. You are using your senses to take in what is currently happening around you.

Am I not always in the present moment?

Yes. The fact is you, your body, mind, & spirit are always in the present moment. But quite often, we're not focusing on it. Mostly, we spend time and energy in our minds & our thoughts. In things like thinking, wondering, remembering, planning, worrying, and so on. When we focus on our thoughts and our mind, we're not focusing on the present moment.





- Being present means being here and being now.

There is no past and future in the present moment.

There is no worrying in the present moment, there is no stressing out in the present moment, there is no blame, shame or guilt in the present moment.

Exercise

Take an object in front of you and put all your focus on it and stay there for a few seconds.

While you are in the here and now focusing on the object, you cannot at the same time think about the future, the past or your to-do list.

If you catch yourself starting to think again, you have lost connection and focus from the present moment and the object.

Try it out a few times and observe the difference: either you are in the present moment and your mind is still - or you are having thoughts that are distracting you from being present and focussed.

MY TOP 3 TECHNIQUES

that I use to get myself out of my mind and into the present moment.



Try putting your awareness on your breath and follow your breath for as long as you can or until your feel more calm and balanced.

The breath is something that is always with us, we can't forget it at home, so it's a good place to put our focus to bring us into the present moment.

Try Putting your awareness on an object close to you for about 5-10 seconds.

Then widen your awareness of your surroundings.

Take everything in with your senses: What can you see in your field of vision, what can you hear, smell, feel...





Give awareness to your body.

If you sit, feel the connection of your body to the chair, in which places does your body touch the chair.

Focus on the movements of your body. When you are walking observe how your legs are moving you forward, how your feet are touching the floor. Try to stay focused as long as you can.

NOTES TO KEEP IN MIND

Being in the present moment is like a muscle that you need to train to get stronger.
Practising will make you better and let you be more often and longer in the present moment.
This is not a practice that takes up a lot of your time. A few seconds here and there during the day is a fantastic start.

Recap:

- What is the present moment
- How we can be present and when we are not present but rather in our mind
- The Top 3 Techniques to get yourself out of your mind and into the present moment

Lesson 2 Benefits of Being in the Present Moment

1 Give your body and your nervous system a break.

That is No.1 benefit to me.

When you are being present and not spending your energy on thinking, you give your body and your nervous system a break.

Being more present during your day keeps your energy levels higher, and you can use this energy on tasks that are more purposeful or meaningful to you.

2 Get better at stopping your spiraling mind.

As you practise being in the present moment, you'll be able to realize your spiralling thoughts quickly and know how to stop them from taking all your energy.

You don´t have to stay in this state because you learned how to stop and become present in the here and now.

The more you practise being in the present moment, the better you get at stopping yourself when your mind is in a thinking spiral.

3 Learn how to be the guardian of your inner self

You feel more in control of what you are doing: am I thinking or am I being present. This is an ability that helps you when you have to concentrate on a project.

You are more aware of your state of being, so you can concentrate fully on one task and won't get distracted so easily. Similar to being "in the zone" or "in the flow."

4 *Become a better listener & friend.*

In the past, I was quite distracted when listening to a friend. I might have thought about my own problems or I wanted to jump in to tell what happened to me in a similar situation. Or I disrupted their sharing by starting to give advice.

Now when I am with a friend, I am able to be more present with the other person and let them talk and truly listen.

That is a valuable skill that your family, friends, & colleagues will appreciate.

Nothing is better than having the opportunity to share and for someone to truly listen to what you're saying - without disruption or advice that you didn't ask for.

Lesson 3

Watch Outs to Protect Your Energy Flow

During a 24 hours cycle, we use our energy during the day and recover and refuel when we sleep in the night. We want to protect it and use it more consciously on things that are important to us. Here are the 2 areas that influence our energy levels.



1 The words that we are saying to or about ourselves.

Be more mindful of the words and statements you make about yourself.

Words are powerful - so how about using them to your advantage?

Say: "I feel tired now, but what could help me get some energy back so I can do XXX. It's important to me to do this tonight."

2 The Emotional Energy Eaters.

Emotional Energy Eaters are behaviours & habits connected to high levels of emotions, and therefore they use up a lot of our energy. Behaviours like: complaining, blaming, judging and criticizing.

Often we think it´s good for us to let out these emotions and our frustrations - but to what costs? To the cost of our energy levels!

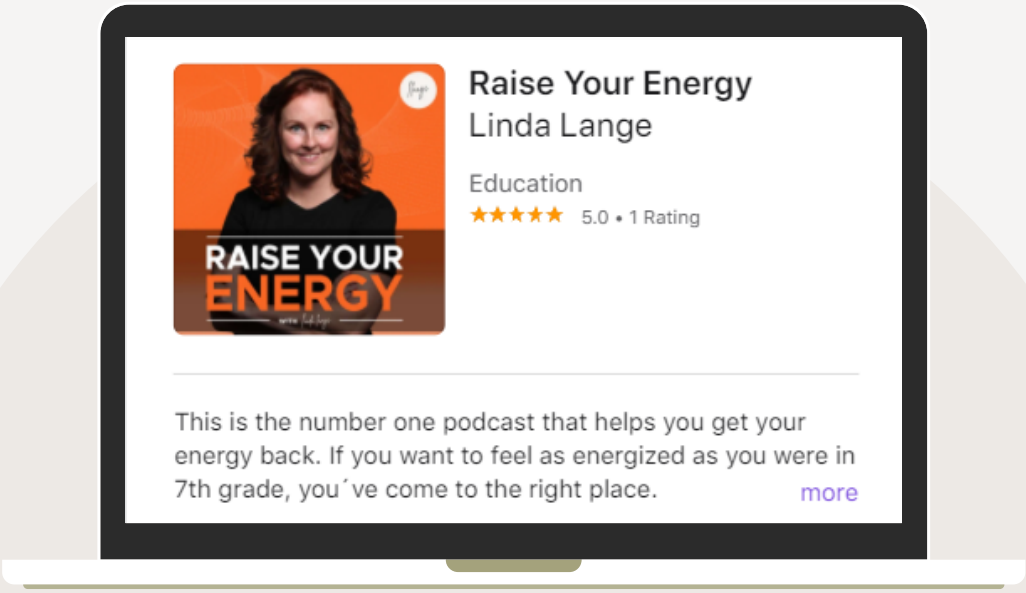
Be more mindful and remember that you want to spend your energy more meaningful.

Another watch out are Emotional Energy Eaters not even coming from you but are brought into your life by others. You don´t even start to complain, blame or gossip about somebody but it might be your friend or your colleague and you just get sucked into this conversation.

Be mindful of these situations in your life. Try next time to not let yourself be sucked in emotionally into the conversation, try to be mindful of your energy levels and not spend it on somebody else's troubles.

NEXT STEPS

SUBSCRIBE TO MY PODCAST



Thank you for letting me help you get your energy back. But this isn't goodbye, just the beginning. On my podcast, you will find even more tips on protecting and improving your energy levels that you won't want to miss.

Talk soon!