

Mind Your ENERGY

This workbook 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 of corporate career to becoming an Energy Expert. 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, my podcast and guided meditations!

MIND YOUR ENERGY	WWW.LINDALANGE.COM

COURSE CONTENT

Lesson 1

How to Be More Present in the Moment

Learn what the present moment is and how you can be more present. I share the Top 3 Techniques to get myself out of my mind and into the present moment.

Lesson 2

4 Major Benefits From Being Present

Understand the benefits of being in the present moment. I focus on the 4 main ones which I regularly share with my students and community.

Lesson 3

Fully living in the present moment

Find out why the precious present moment is so important. Discover that the past and the future don't exist other than in your mind.

Lesson 4

Watch Outs to Protect Your Energy Flow

Discover 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.

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 on our minds & our thoughts. On 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 stress in the present moment, and 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 1 QUESTIONS

Which one of the 3 techniques to be more present will you implement?

What can you do to make sure that you practice the technique regularly?

What is your biggest take away from Lesson 1 and why?

Lesson 2

Benefits of Being in the Present Moment

1 Give your body and your nervous system a break.

That is the No.1 benefit for me.

When you are 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 2 QUESTIONS

Which benefit of the 4 benefits has the most meaning for you?

How can being more present improve your life? How would your life change when you get these benefits?

What has been your biggest learning from Lesson 2 and why?

Lesson 3

Fully living in the present moment

Our mind spends a lot of our energy. It's constantly thinking about past events or thinking about the future.

Our mind actually creates our past based on memories, things we remember. And our mind creates our future by visualizing it, planning what happens next week and by worrying if it will all be ok.

But our past and our future don't exist in our reality.

The only time that exists is the here and now, the present moment. It is the point of pure existence, between the past and the future.

When we step into the present moment and stop thinking about what happened yesterday and what we need to do in the next hour, we can give our body and our mind a rest.





When you think about the past, you are thinking about the past in the now. You cannot travel back in time and live again in the past. You can just remember and think about it in your mind.

Because the past is gone. The past event happened in the present moment back then and as soon as it was over that past stopped existing and became a memory.

The past exists only in our memories, written down in journals or books, as a snapshot in pictures or videos. But the past does not truly exist. The same applies to the future. The future only exists in our minds.

We can only imagine how beautiful our holiday next month is going to be, but it has not happened yet so we cannot really truly know how it will be.

We can plan to do something tonight but we cannot know for sure if that is what's really going to happen. It's only a plan, a hypothetical, it has not happened yet and it's not happening right now - other than imagined in our mind.

The present moment is now and not in the future. The future will just happen when it has become the present moment, the now.

So there is no past and there is no future, there is only the present moment.



Being in the present moment means that all possibilities are open to you. When you spend time in the present moment either in your meditation or in your waking hours, you open yourself up to more possibilities.

You are connecting to the universal energy and to the quantum field where all possibilities exist. This is where you can create a new future for yourself, a new version of yourself.

Think about it, if you go through your day without being present you are running on autopilot and that autopilot is created based on your past experiences.

By thinking the same thoughts that you had the day before and doing the same things as you did them the day before, you are living your past now and by not waking up out of this state **you are just going to create your future based on your past and it's going to look exactly like your past**.

So for you to want something else or something new in your life, you want to step into the present moment where you are not thinking about your past or your predictable future.

Being in the present moment means you can create something new, you can reinvent yourself and step onto a new path. That's how important the present moment is.

LESSON 3 QUESTIONS

How much of your day do you spend thinking about the past or worrying about the future?

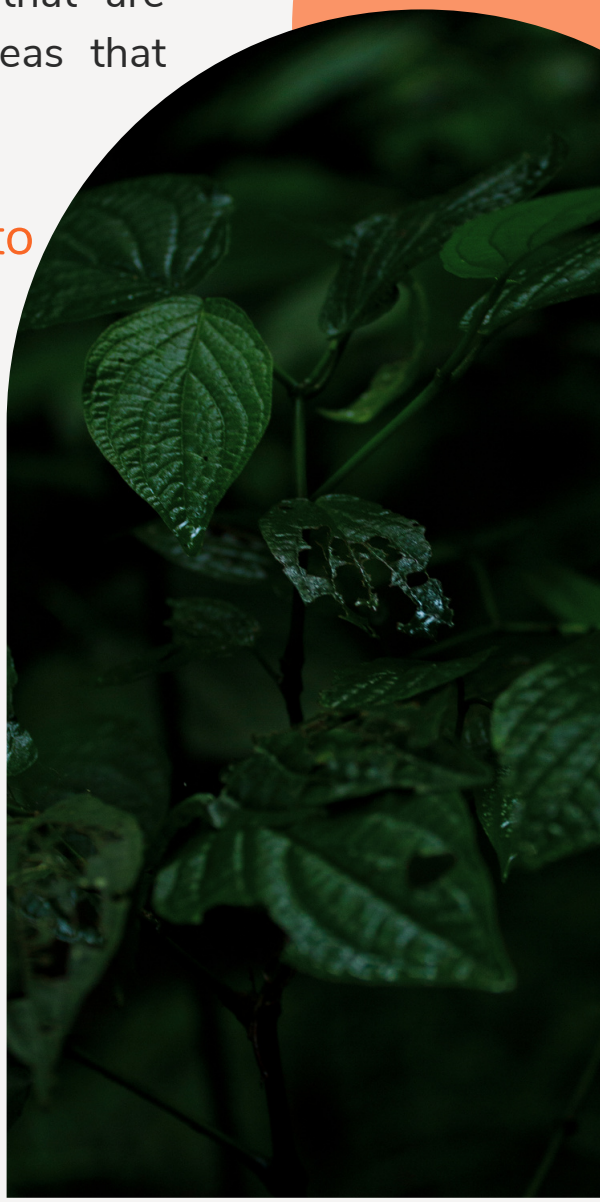
What new version of you would you like to create consciously by spending more time in the present moment?

What has been your biggest learning from Lesson 3 and why?

Lesson 4

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 is Emotional Energy Eaters brought into your life by others. You don´t even complain, blame or gossip about somebody but it might be your friend or your colleague and you just get sucked into this conversation.

Your body does not know the difference. 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.

You can be a good listener and supportive friend and at the same time keep your energy reserves for yourself!

LESSON 4 QUESTIONS

What do you take away for yourself and your life from the 1st Energy Area: Words have more power than we think?

What do you take away for yourself and your life from the 2nd Energy Area: The Emotional Energy Eaters?

What are you going to implement into your life to protect your energy?

AND ONE MORE THING...

THANK YOU!



I am so honoured to have brought you this mini-course on how to increase and protect your energy levels. I hope this has given you valuable insights and AHA moments so you can improve and enjoy your life to the fullest!

Lots of Love xx
Linda