Emotional Energy

GIVING
To community groups, non-profits, charitable events.
Giving money is great for groups but involving yourself provides triple benefits.
Triple benefits: you learn more about a group, receive more thanks, form a new helpful network.

FORGIVING
Relinquishes your right of repayment or your ownership of a wrong done to you.
Releases negativism and anger. Demonstrates accomplishment of your inner strength.
Call to action: Which former boss or employee can you call tomorrow to forgive?

LEARNING
It sparks some energy but when learning is coupled with a favorite cause, its effect multiplies.
Most effective when you’re part of a trusted group that ignites and shares the learning.
Try to learn better behaviors in areas that improve energy, such as nutrition, exercise, sleep.
Learning itself is an accomplishment. And an accomplishment positively affects your energy.

Physical Energy

SLEEP
- Quantity: 1 less hour = you’re 20% less effective. 2 less hours = 50% less mentally effective long term.
- Quality: Fix your environment (bed, liquids, humidity). Fix disorders (snoring, sleep apnea, insomnia).
- The body can adapt to less sleep, not the mind.

EXERCISE
- Safely, regularly, limitedly, quantifiably. You can form a habit after 30 days.
- Improves cognition by neurogenesis (birth of new brain neurons). It even slows Alzheimer’s.
- Best short term stress reducer. Elevates mood by releasing endorphins.

NUTRITION
- #1 energy reducer is concentrated Fructose. It also creates Insulin resistance.
- Concentrated Fructose is in both High Fructose Corn Syrup and Sucrose in the same amounts (50%).
- Teaspoon Sucrose (sugar) = 4g. Breakfast of OJ, granola, Dannon yogurt = 75g = 18 teaspoons of sugar.
- Substitutes: Fruits (strawberries only 8g/cup). Plus you get fiber, which tells body to stop eating.

SUMMARY
1. If you’re not positive in your attitude, enthusiastic in your voice, and energetic in your body language, you’ve doomed the job search.
2. Delay approaching the market in your search until you’re in the best possible mindset. If not, you’ll turn off people in your network and, of course, any potential employers.
3. Energy Expenditure = Energy Recovery. More energy will be expended in a job search so more energy renewal is needed. Greatest athletes have best Expenditure / Recovery ratio.

2 SOURCES OF MENTAL ENERGY

Building & Sustaining Mental Energy

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