

## 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

### 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, but 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.
- It's the best short term stress reducer. Elevates mood by releasing endorphins.

#### NUTRITION

- #1 energy killer is sugar, both Sucrose and HFCS. Both nearly identical chemically. Both equally bad.
- Teaspoon of sugar = 4g. Breakfast of OJ, granola, Dannon yogurt = 75g = 18 teaspoons of sugar.
- Sugar creates Insulin resistance leading to Diabetes. However, fruit provides fiber which suppresses appetite.

### 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 and its cause, receive more thanks, form a deeper 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.
- Learning is an accomplishment. Try learning better behaviors of sleep, exercise, and nutrition.