

Do Something!

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Is Your Life-Force Being Sucked From You?

This newsletter comes to you from Kate Harper of Harper Coaching.

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Welcome to this issue of **Do Something!** - the newsletter that drops into your inbox every 2 weeks and is intended to inspire you to change the way you think and to stimulate you into action.

If you like what you read, please pass it on to your friends and colleagues.

Welcome to all our readers, new and not so new!

I am so happy to be able to say I have subscribers from pretty much all over the world - **Albania, Australia, Canada, India, Ireland, Italy, Japan, New Zealand, South Africa, Switzerland, the UK and the USA.**

Have you ever walked across the floor and stepped over something lying there, thinking to yourself, "I wish someone would pick that up." Or "I must pick that up next time I pass.", for the nth time? Have you looked at the space where the button should be on your favourite shirt and wished it would magically sew itself back on? You know it won't take long to do, but in your long list it isn't the highest priority, so you leave it, but every time you see it, it niggles you. You look at the dust thickening in your home, but you are so tired after a day at work that you ignore it and slump in front of the television, getting up hours later feeling drained and exhausted, dragging yourself off to bed because it is so late and you have to get up again in only a few short hours. Then you toss and turn and find it hard to sleep, even though you are really, really tired. So many things are going through your mind, large and small and the life-force feels as though it is being sucked out of you? At work, you have piles of paperwork to deal with and an in-box that's about to explode and it's not getting any better. Then along comes the office vampire. They may not suck blood from you, but they certainly drain your energy and waste your time with their tales of woe.....

I am hoping that this is an exaggerated picture of someone's life, but there are many things that can wear you down over time. You may not have even noticed them creeping up on you, but they are there all the same. Take a moment to make a list of all the things in your life that are draining you, however small they may seem (That button!) It may take you a while to get started, as it could be that you have stopped consciously noting them, even though they are still subconsciously draining you. Once you acknowledge that they are there you can do something

about them and stop your life-force from being sucked out and instead, seek ways to boost it.

Do Something to move you towards your goals. Are you misplacing your energy? Are you wasting your energy on thinking too much about what you want to achieve, but not much in the actual doing? Aim to achieve small successes regularly, so that you can continue the momentum towards your long-term aims. Those successes will keep you fired up and enthusiastic about carrying on.

Do Something today that you've been putting off for a while. If you have been avoiding doing something, this can become an enormous drain on your emotions, as well as your energy. Get that button sewn on and you can wear your favourite shirt that makes you feel good. Once you start feeling better about yourself, you are more able to cope with the other challenges that come your way.

(If Procrastination is one of your challenges and you haven't already done it, click [HERE](#) or go to <http://www.harpercoaching.com> to sign up for my complimentary 7-day mini e-Course on this subject.)

Do Something for yourself. Lack of energy can be the result of getting too little sleep. Your reserves become drained and it is time to recharge. Particular foods will also drain you, rather than increase your energy levels. These tend to be white, sugary, stodgy and/or fatty. Fresh food, raw or lightly cooked, can help to boost those energy levels. Make a plan to get to bed at least half an hour earlier each night. Like a bank overdraft, a sleep deficit needs to be paid back.

Do Something active every day. Being unfit not only means that you are less capable of dealing with everyday tasks with ease, but it can also affect your general motivation. Clutter, of all sorts, can drag you down. Get active and clear the physical clutter (mess and chaos) and the clutter you carry in your body and mind (extra weight, stimulants, mental and emotional clutter). This may take some time, but without action, you will never be able to do it.

Do Something because you want to, not because you *have* to. Certain people leave you feeling as though they have sucked every last bit of energy from you. Negative relationships are like vacuum cleaners, leaving you exhausted and drained. Don't allow others to steal your time or your energy. If, in the past, you have given your full attention to these, they will be expecting the same and more of you. However, it is down to you to decide how much you are prepared to give. At work, your colleagues, even if you consider them to be nice enough, have no emotional demands on your time. The next time the person who wants your time and energy approaches you, instead of giving them your all, make it clear that while you are interested in hearing about their love-life, what they watched on television last night or their money problems etc, you really do have an urgent piece of work to get on with – and then get on with it. They will soon get the message. In personal relationships, this can be rather trickier, however the important thing is to remember that if you are spending time with people who do not make you feel good about yourself and who do not show any consideration for your feelings or how your

life is going, then perhaps it is time to reconsider the relationship. It could be that all that is needed is some firm words to point out how you are feeling. Some people are so caught up in their own lives that they forget that relationships are two-way.

Do Something new every day. What can you do today that will increase your energy? You could try out some new food, for example, a new type of fruit or vegetable. You could sign up for a new activity that will stimulate your brain and/or body. You could go and see a film with a feel-good reputation.

Do Something creative every week. Think of ways to add more energy into your life. Make lists of those things that give you a boost – fresh food, dancing, listening to uplifting music, playing an instrument, letting your feelings out onto paper in words or colour, or by spending time with people who leave you feeling happy that they are in your life. Once you have identified these you can think of ways to incorporate more of them into your daily life, while you eliminate those things that drain you.

Do Something for nothing. Breathe! If you are feeling stressed or overwhelmed a few minutes of deep breathing into the bottom of your lungs can help to ease the symptoms. Once you are feeling calmer and more relaxed you will be able to consider how you can address the causes of your stress. Breathing allows you to increase your life-force and the extra oxygen you take in will allow your body to release more energy. So go ahead and breathe life-force in instead of having it sucked out of you!

Do enjoy this quote:

"The energy of the mind is the essence of life."

Aristotle, Ancient Greek Philosopher, Scientist and Physician, 384 BC-322 BC

I do hope that this issue of **Do Something!** has inspired you to deal with those things that are draining your energy!

Have a good couple of weeks and, even if it's only a *little thing*, **Do Something!**

Warm wishes,

Kate

Passionate about helping you achieve your goals.

Kate Harper is a Personal Development Coach with a special interest in Motivation & Wellbeing. She lives in the beautiful Highlands of Scotland.

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