



ENERGY FOR LIFE: Creating it for the Rest of your Life!



If you were able to create energy for yourself... WHY are you doing it? WHO are you doing it for?

These questions are more important than figuring out the HOWs. HOW to do it is easy, it is the WHY that will drive you to achieve it!

This is a picture of me in Fiji jumping for a trapeze suspended in front of a 50ft telephone pole (which I had climbed).

The trapeze is like your dreams or your goals, in order for you to reach them, you have to step off from where you are currently! Are you ready to take the leap of faith to achieve all that you desire? Are you ready to create massive energy so that you can EXPERIENCE life!

Write down your WHY's on a piece of paper. Also, write down WHO you are doing this for.

The Wellness Wheel



THE WELLNESS WHEEL: FINDING YOUR FOCUS

In life, there are many different areas of focus that makes up the HUMAN EXPERIENCE. In order to be WELL and HEALTHY, we need to strive to maintain a well balanced life. To achieve this, we must aim to create balance in all seven areas of LIFE.

These seven areas are: **Physical, Emotional, Spiritual, Career, Financial, Family, and Social.**

Physical relates to areas of your physical being. Emotional is your ability to control and maintain emotional health. Spiritual is the connection to you and your beliefs and your creator or to your spiritual self. Career looks at how satisfied and gratified you are in your career or your purpose in life. Financial is how financial secure and stable you are. Family is the connection to your immediate and closest family members and friends. While Social looks at how interactive you are with other human beings.

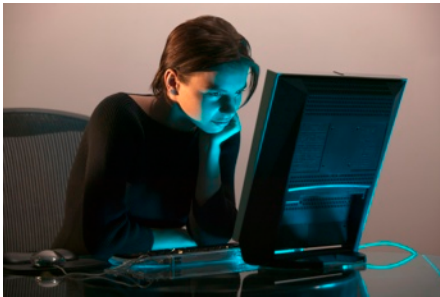
These are the 7 powers of life. We are often strong in some and weak in others. It is a goal to play on our strengths, but also maintain and manage our weaknesses!

Put a "0" in the middle of the circle, and put a "10" on the outside of the circle. Rate yourself out of "10" for each POWER. How balanced are you if you had to place that wheel on your car?

What areas do you need to focus on? What area of power are you able to contribute and help others on?



THE 3 TYPES OF ENERGY ROBBERS



PHYSICAL

Physical energy robbers are things that we do daily that rob us of energy. Physical activities or items that pull you away from the things you need to do to make you successful. Some of these items are essential to your work and life, but it is how you use them that can rob you of your energy. These things include: TV, internet, computers, to do lists, paperwork, junk foods etc.

List all the Physical Energy Robbers that you have in your life on a daily basis, and circle the ones that you are willing to STOP immediately, and cross of the ones that you are willing to reduce so they stop reducing your energy!

EMOTIONAL

Emotional energy robbers are the facets of emotions that humans are capable of. Do you ever find yourself feeling one way which then leads you to another emotional thought which then leads you deeper and deeper into an emotional rut!

The worse part is often when we cannot control our emotions it leads us in a vicious emotional roller coaster and we spend more time trying to cope than moving towards solving the problems that created it in the first place!

Write down all the emotions you felt TODAY! Did they lead to other emotions? How can you recognize these emotions in the future before they get out of hand?

MENTAL

Mental energy robbers are often random thoughts that you have in your mind! These thoughts take you from one place to another without conscious control. They often take precious time away from you and the task at hand.

Have you ever had something to do and you go to a particular area to do it and forget why you were there? And you then spend the next 15 min trying to figure out what you need to do?

Write down mental robbers that are consistently stealing your time. Do you see a particular pattern in these mental robbers? When you recognize them you can stop them from proceeding before they steal more of your time!



CREATING HABITS

All successful people, especially athletes, have created simple habits to use throughout their day. These simple habitual daily tasks are repeated so many times that they do not have to think about them. That is what rituals are - a collection of habits and activities that allows you to focus on other things, without thinking about the ritual activity, as it is completely ingrained in your nervous system. Driving, brushing your teeth, or showering would be an example of habits.

What rituals have you created to ensure that you maximize your energy on a daily basis.

Rituals require about 30 days for them to become ingrained in your nervous system. Therefore it is best to build ONE habit at a time rather than multiple rituals. Every month you can then add one more new energy ritual to your routines. At the end of the year - you would have created 12 new habits!

How would your life be if you had 12 new habits that would help you create massive energy? Would it take you closer to your goals and dreams?

Write out your first energy habit to START tomorrow! What new energy morning ritual are you going to start the day with?

A SAMPLE OF MY MORNING RITUAL	COMPLETED
Get up early in the morning (5:30 am)	
Wash your face	
Drink 500 ml of water	
Breathing exercise - 1,4,2 ration - 1 sec in, 4 sec hold, 2 sec out	
Exercise / stretch for 15-30 min	
Mediate - quiet the mind, prepare for the day	
Make a powerful and energetic BREAK-FAST	
Eat breakfast while reading or viewing your Vision Board	
Shower / Clean / Toilet	
Get dressed and prepare for a great day!	



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