

Close Energy Leaks for Success

The New Leaf, Molly Gordon, May 19, 2002

www.mollygordon.com

Do you have the energy to sustain a full and balanced life, or do you sometimes suspect that if your dreams came true you would be too tired or scattered to sustain them?

Two reasons we run short of energy are leakage and lack of focus. These usually occur in tandem: we leak energy to unimportant activities or unconscious commitments as a result of failing to focus our intentions and make considered choices. The simple (if not easy) solution is to call our energy home by noticing where it is going then redirecting it in ways that support our values and intentions.

Call your energy home with an energy inventory. As you read the following questions, notice if you are losing energy in that area. Simply notice without judgment, holding yourself whole, competent and resourceful to redirect your energy when you choose to do so.

Unfinished Business

1. Are my bank accounts balanced and all transactions current?
2. Do I have unresolved conflicts with a friend or family member?
3. Do I have unresolved conflicts with someone at work?
4. Am I behind on my debts? Do I know exactly what I owe and to whom?
5. Do I have an overdue assignment?
6. Do I have incomplete projects at home? at work? in my community?
7. Is there a phone call or letter that I have delayed answering?

Physical Environment

1. Does my household environment express and support my intentions?
2. Does my work environment express and support my intentions?
3. Is my car (bike) clean and in good repair?
4. Is my equipment in good repair?
5. Are there chores that I have been putting off?

Support Systems

1. Do I give and receive energy with my family in a healthy way?
2. Do I give and receive energy in friendship in a healthy way?
3. Am I giving and receiving energy in a healthy way with my spouse/partner?
4. Do I know where to get help and do I ask for help when I need it?

Physical Health

1. Have I been putting off a physical or other health care service?
2. Do I sustain my energy and well being with exercise?
3. Do I eat in a way that supports a stable and high level of energy?
4. Do I get enough sleep?

Mental/Emotional/Spiritual Health

1. Do I owe an apology?
2. Is there someone I need to forgive?
3. Do I practice a form of prayer or meditation that centers and renews me?
4. Am I learning something new?
5. Am I interested and engaged in my work?

Once you have identified your energy leaks, you will begin to recognize ways to close them. Focus on closing one leak at a time.

Each time you close an energy leak you become more focused and clear. Be patient, be honest, and you will soon develop the momentum to live your life and grow your career or business in a more satisfying manner.