

factors which increase energy in people

1. Resolving feelings...when a feeling you've had for a long time is resolved, opened up, finished, shared, you feel more energy. ("Whew! That's a load off my chest! ") .
2. Positive stress...a challenge you enjoy.
3. Commitment doing something fully without being torn by other desires or demands.
4. Improving your SIGNAL-TO-NOISE ration...the ratio of positive to negative in your life. When more nourishing than toxic events or processes go on, you are energized.
5. Increasing your joy...allowing yourself the time and space to do things you most enjoy.
6. "Up" people...there are people who light up your life...spend more time with them.
7. Freeing yourself...reducing the "gotta's" and the "oughta's" and doing more of the wanna's."
8. Moving with the flow...adjusting your life so that you are in harmony with your environment.
9. Regaining faith...making a decision to believe in something or someone again (being suspicious uses up enormous energy defending yourself against possible harms) .
10. Empowering yourself
 - ...by allowing yourself to seek success experiences.
 - ...by allowing yourself to see your existing successes.
 - ...by freeing yourself of unnecessary or phantom obligations.
 - ...by disciplining yourself to take an active role in your own life instead of waiting for it to happen to you.
11. Seeking balance (centering)...anything, no matter how good, becomes toxic if done too much. Anything, no matter how good, does not work if not done enough.
12. Finishing what you start...unfinished business drags at the soul.
13. Finding a comfortable organizing style.
14. Finding your sleep needs and giving yourself that amount regularly.
15. Regularizing your diet.
16. Seeking variety for its own sake while keeping a large amount of comforting sameness, too.
17. Doing.....energy creates energy!
18. Breaking out of drug dependencies (including caffeine and nicotine).

