

Your Energy Should Be Important To You!



I'm sure you've all had moments when you felt your energy drained by someone or someplace.

Sometimes you feel like that when you expect to have a simple conversation with someone. You know the drill: you find yourself in a social situation stuck in a corner with someone who is just talk, talk, talking about him or herself and never stops to ask about you. Maybe they don't see eye to eye with you or your mindset and only pretend to care about you by monopolizing your time with their words and opinions. And through it all, you continue to stand there while they go on and on...

Sometimes you can feel drained by your own doing; for example, when you think too much, when you can't let go of a problem and obsess on solving it now, and when you are on auto-pilot, not aware of the inner conversations you continue to have with yourself that keep you from making any progress in your life.

Sometimes you feel it just by being around someone without words. You feel uncomfortable, closed somehow, blocked. And you still stick around.

And the same can be said about your environment. You feel a lack of energy at your work place or your home, like this is the wrong place to be at this moment. But you are still there.

You got the picture?

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So my BIG question is: What are you doing about this? Why can't you make a change? Why can't you choose?

I'm not talking about simply leaving - as in bye-bye or adios. I'm talking about being aware of your inner conversations that are keeping you in this spot and holding you back from the reality of freedom!

Take action!

- **When you find yourself low on energy, especially when it's being zapped by a person or a place, and you feel blocked or have that choking feeling, ask yourself: Why do I feel this way? Why do I let them/ this place affect me this way?**
- **Then write your mind conversation down so you can better understand why you let this happen.**
- **After you are finished writing it all down, really done and honest with yourself, I invite you to choose new mind conversations. This will help you create a new mindset for better results that will make you feel better, and be more productive in your life.**

NOW, GET YOUR ENERGY BACK!

Let's schedule a FREE 'Get-Acquainted' Call
<https://www.timetrade.com/book/LKCPG>

To Your New Mindset!
Mind Coach Shirley.

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