

What is Draining your Energy?

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What happens when you are under a lot of pressure or stress and feels like you have no energy?

Perhaps you just drink some more coffee, shut down all your personal feelings, and push through whatever is in front of you. During this process you may 'feel' energized, but this form of energy comes at a huge price. Down the road, when what ever was causing you pressure or stress is over, you collapse. Your body says, "I've reached my limit and can't take any more" in some way or another.

What if there was a way you could respond to situations proactively rather than react to them after the fact, and lose so much energy in the process?

Having a strong personal foundation would be that way.

Think of a skyscraper; it needs to have a strong foundation to avoid collapsing under stress, so too must your life. A strong personal foundation provides you with tools and inner resources to handle all of life's situations with ease and grace. Without it, you will always be struggling and pushing against something which will always drain your energy.

The fact is the stronger your foundation, the easier your life becomes and the amount of energy you have increases. Instead of spending the majority of your time in 'crisis control,' you can focus your time and energy on activities that are meaningful and fulfilling, and increase your energy as a result.

A strong personal foundation gives you the ability to eliminate and prevent common problems that are usually thought of as an expected part of life. Here are the 3 basic elements of a strong personal foundation:

1. Gaining a better understanding of what is most important to you in life and then implementing a plan to ensure your life becomes an expression of exactly that.

Determine what your core values are (not the society or that you grew up with in your family), but the ones that are absolutely personal to you. If you need help figuring out what your core values are, the Life Works program and coach will help you gain clarity. Once you know what those are for you, then you can create a life strategy that is centered around them. Next, you start to make choices based upon these and watch your energy begin to increase. For those of you that have created your core values go back and review them. Are you living a life centered around them? Which ones seem to be taking a back seat? See what happens when you actually start to honor those core values.

2. Living your life based upon a set of standards that allows you to constantly be in integrity.

Personal standards refer to the behavior and actions to which you hold yourself accountable to. For example, one may have the personal standard that 'I tell the truth'. Raising that standard to 'I always tell the truth, no matter what the outcome' now holds you accountable to not even telling 'little white lies'. You are being completely authentic with what you say. We may think that a 'white lie' is alright and doesn't hurt anyone, when in fact it does hurt someone. It hurts the most important person in your life, you, and it drains your energy in the process.

3. Proactively getting your needs met so that you are not wasting your time and energy constantly chasing after them.

Everyone has a set of personal needs and wants. Personal needs drive us to certain behaviors that may or may not be good for us. For example, someone may have the personal need for attention and in order to get it met, may stay in a relationship that is not good for them. If the person was aware of this need, then he or she could make choices to proactively get it met in a more positive and proactive way.

There is another price that we pay for not being aware of our needs. Think of a glass of water and you are the glass, and all of your life's energy is the water. Each personal need that is not being met is like a hole in your glass of water. How much water is draining from your glass?



These are the basic elements of a strong personal foundation. How can you make your personal foundation it's strongest? Remember, a skyscraper does not start at street level. A tall building requires a very deep and strong foundation. This holds true for us as humans as well. If you want to have energy, and live an easier, satisfied and fulfilled life, then take the time to strengthen your personal foundation.

“There is only one corner of the universe you can be certain of improving; and that’s your own self. So you have to begin there, not outside, not on other people. That comes afterwards, when you have worked on your own corner.”

– Aldous Huxley