



PETRA PROCESS

**3 SIMPLE, POWERFUL WAYS TO
BOOST YOUR ENERGY**



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LIFE LESSONS for BUSINESS

Are you feeling burned out, as if you're exhausted emotionally but not tired physically? A common problem could be stemming from an issue with your energy levels.

In the increasingly busy day to day of modern lifestyles, our packed schedules mean there is less time to fit everything in. In fact, many people sacrifice a lot of energy just coordinating the plethora of activities and tasks.

In my business coaching, I've noticed that one of the first things to go out the window for stressed leaders is a wellness regimen. When I recommend starting a regimen (from scratch, if necessary), the answer is invariably, "I don't have time."

My response? "You can't afford not to do it."

As an Ironman athlete of 27 years, I know a comment about working out could receive an "easy for you to say" response, and I recognize it can be tough for some. Indeed, I am coming from a unique comfortability level because I start each day with some sort of physical activity. But a wellness regimen isn't only about working out; it's also about taking care of yourself to maximize energy levels.

Trust me, any dividends paid through health and fitness carry over to all facets of life—in the workplace and out, in the spiritual and the physical.

How do I know it works?

When I reflect on some of my most demanding jobs in leadership positions, I realize that my best work performances were also those years in which I delivered my best race results. Coincidence? Hardly. By maintaining a high level of fitness, I was able to leverage that sustained energy, endurance, commitment and drive in my contributions at the office.

Below are three ways to focus on a wellness regimen so you can reap professional benefits



by prioritizing personal health.

1. Go to sleep.

Starting with sleep is crucial because a rejuvenated mind and body are the foundation for success in your personal and professional lives. Although stories about entrepreneurs working through all hours of the night might seem heroic, I can assure you from personal experience: There's nothing attractive about not having energy to get things done. Get your doctor's recommended amount of shut-eye.

2. Have a positive attitude.

Part of a wellness regimen is maintaining the mental capacity to do great work. A top recommendation I give to leaders is to maintain a positive attitude. We all have moments that get our blood boiling, but a positive mind is a productive mind. At home or in the office, be helpful and affirmative in conversations and be a reliable confidant for others in times of need.

3. Set fitness goals.

Yes, fitness is a part of this, too. Even if you're not used to working out regularly or if you've never done any sort of physical activity at all, no matter who you are, you can start by setting a weekly or monthly goal to get your blood flowing. Once you've met your first goals, you'll notice a significant change in your attitude and energy levels. (It will also make it easier to keep up the fitness regimen.)

If these tips seem simple, then let me ask you: Are you doing them?

I want to succeed professionally, and I intend to live a long life with my children. Who among us can argue with that proposition? Focus on a wellness regimen that takes care of personal you, and watch professional you follow suit. You might also raise the bar for your friends, family and team members along the way.

This article originally appeared on [SUCCESS](#).

THE PETRA EXPERIENCE

The Petra Experience is like a Mental Marathon of focused effort to create a specific set of priorities and a planned process to achieve them... as a team.

Looking to change your business life - forever?

The daily grind of growing a business is tough... it doesn't have to be that way. We work from our own business experiences while focusing on your business – as coach and an accountability partner. We implement the Petra Process in a way that ensures it “sticks” then we stay engaged to keep you on your path to success and less frustration. We don't want this to be just another thing you start – then it gets ignored and finally dies... let's stop that cycle in your business. The Petra Program 'clarifies' what is most important to be done – by whom, by when – **AND** creates an accountability structure to ensure **IT GETS DONE.**

*Marshall Martin is an entrepreneur coach with business coaching firm Petra.
Visit his blog at www.petracoach.com for more business and leadership insight.*

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