

COACHING TIP

From Rex C. Houze

ATTITUDE AND HIGH-ENERGY LEVELS

One thing that high achievers have in common is a high-energy level. They are able to persist until they reach their desired objective. They can overcome obstacles, hindering circumstances, setbacks, defeats, and other people's negativity. Famous football coach Vince Lombardi said, "Fatigue will make cowards of us all." The converse would be, "Energy begets energy."

One of the most important benefits of a high energy level is a positive mental attitude. Your attitude affects everything you do and that's good, because your attitude is one of the few things you have complete control over. What happens to you isn't nearly as important as your *reaction* to what happens to you. Likewise, your circumstances aren't nearly as important as your reaction to your circumstances. Your attitude today determines your success tomorrow. Your attitude is the primary force that determines whether you succeed or fail.

W. Clement Stone, in his book *Success through a Positive Mental Attitude*, wrote "There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative." The most valuable asset you have is a positive mental attitude.

Some things you can do to maintain a high-energy level include:

1. **Get the appropriate amount of sleep.**
2. **Eat healthy; make sure you get a good balance of nutrients.**
3. **Maintain a regular exercise program.**
4. **Enjoy a hobby and/or other recreational pursuits.**
5. **Do stretching and deep breathing exercises to keep a good flow of oxygen in your muscles.**
6. **Set aside personal time with family and close friends.**
7. **Help someone who is less fortunate than you.**
8. **Reflect on your past accomplishments and victories.**
9. **Maintain a regular program of reading or listening to positive books and CDs.**

At any given time we all have a certain amount of energy available to us. How well we direct that energy will determine how productive we are. You can choose to direct your available energy in a positive, productive direction or diffuse it in a variety of directions, some of which could be counter productive. The same amount of energy is there; it's how we choose to direct it that determines our results. How you use your energy can and needs to be a conscious choice.

Choose to have a positive attitude by focusing on what you can accomplish, not what you can't. Choose to have an attitude that generates energy in yourself and others, not one that drains energy from yourself and others. Follow the nine tips above and anything else that will help you maintain a high energy level.