

DAY 1: HOW TO BOOST YOUR ENERGY VITALITY

**Get the energy to
charge you for the day**

DAY 1 WORK-FROM-HOME WELLNESS MINI-SERIES

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Living requires expenditure of Energy.

We need to be aware of how are we spending our daily precious energy.

How many of us have experienced our car battery dead at some point of time?

Why did that happen?

We left the Car headlight on!

And it drained the battery.

Similarly, we need to turn off our own energy drainers to prevent having dead batteries.

So, here there is a quick summary of 8 Energy Drainers and 8 Energy enhancers.

8 Energy Drainers:

1) News – The problem with News is that Good News is NO NEWS because It does not sell. So News are purposely and ‘by-design’ focused on Sensationalism and pick up the rare ‘bad stories’ in the name of ‘breaking News’. Even if you isolate yourself from all medium, News will still Reach you. Try it out!

Tip – *If you must watch news, park no more than 15 minutes in the day and 15 minutes in the night. And it should never be the first thing you access in the morning .*

2) TV – Average person spends 2 hours a day watching TV . In some Households, it reaches upto 4 hours a day. So **in a year**, it is minimum 365 Hours of TV. Which is $365/8 = 46$ **FULL Working days of 8 hours long**, wasted in watching soap operas , Crime reports and Big Boss .

Tip - *Prefer education over entertainment. And If you still want to watch it, be aware of type of program you are watching and the duration & frequency you watch it for.*

3) Screen (Social media / Internet Browsing) – Again a trend similar to the first 2 points because your favorite social media sites spend millions every day for the “catchy Headlines “and “ Clickbait.”

Tip – *Uninstall the apps from your mobile. Install website blockers on your browser. Keep your mobile away in a different room & in a drawer while You are working on your project.*

4) Fake factory Food – A gentler name is junk food or processed food. They are advertised fancily with catchy phrases and often claimed “ healthy” and “natural.” Know this – The kind of fuel you put in your body makes or breaks it. And real foods are seldom advertised because they are not made in a box in a food factory.

Tip – *Invest in your education. Read the food ingredients. Do not get swayed by food labels and food marketing .*

5) LED /Blue Lights – White colored LED lights seem harmless but they release the blue light , which suck your nerve energies and can harm your eyes.

Tip – *During the day time, switch off your LED lights and have a natural sun light . If you work on your laptop daily, get an eyeglass with blue eye Protection. You can also [download iris software here](#) to reduce the blue light from screens.*

6) Mold – Mold can be in your food, it can be in your house. Common moldy foods include peanuts and coffee. Mold can enter your house through seepage and into your walls.

Tip – Just get rid of it from your food and from your house.

7) Wi-Fi & Radiation – If you keep your mobile near you while sleeping or if your wi-fi is on 24 hours , you are exposing yourself to continuous radiation.

Tip – Switch off your wi-fi and your mobile during night.

8) Energy Vampires – Sadly, they are living beings and they are humans. And you know them. Stop spending time with them, thinking you are helping them. They'll pull you down into their mediocrity.

Tip – You are sum average of 5 closest people. And unfortunately if those are your boss and your spouse, 2 of the places have already been taken. Still you have 3 places left. Choose wisely.

Let's discuss about Energy Enhancers.

8 Energy Enhancers:

1) Walk in the woods , in the trees , in the garden – This simple routine of walking daily for 30 minutes will connect you back to nature . Build a morning or evening routine . Bonus is that you also get fresh air.

2) Walk Barefoot – When you are at home , do not wear slippers or Sandals. You 'll be amazed how good you feel when you walk barefoot . It builds up your earthing with the mother earth and replenishes your nerve energy.

3) Sunshine – Sun is the source of energy for our planet. Just think how would be our planet without sunlight? Give yourself exposure of at least 15 minutes daily in the morning / evening sun.

4) Organic Water – Hearing first time about organic water? Well, I Am not talking about any water made in the factory. I am talking about the

Water found in plants naturally. Only the minerals & vitamins found in plants have organic atoms & molecules, which can be fully absorbed by our body cells. Rest all marketing is for junk. Drink vegetable juices daily. If you are new on this, start with drinking 1 glass Carrot juice daily on empty stomach. It'll eliminate your toxins in the bowel.

5) Rest & Deep Sleep – Watching TV is not rest. And snoozing your alarm and catching up more sleep later is not “deep sleep”. Put yourself into deep sleep every night. Block the blue / LED lights. Set room temperature a bit cold. Take bath or read a book or listen some relaxing music. Do not drink your Coffee after 12. It takes 10 hours for our body to eliminate coffee. Coffee prohibits deep sleep.

6) Laughter – Do you have funny friends? Increase facetime with them. Do you have kids? See how they laugh. Play with them and laugh your heart out. DAILY.

7) Gratitude – List down daily 3 things that you are grateful for. The things we appreciate in our life are increased. What are you grateful for today? Who all loves you? Who all care for you?

8) Reignite Your life – If you feel you have lost your motivation, get in touch with your future self . Where do you like to see yourself – in next 3 months? in 6 months? in 1 year and have that picture , that vision in front of you .
It'll fire you up!

See you in the LIVE Workshop soon.

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