

Get up and Go - Energy

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There are things you can do to increase energy and this script will condition them into your subconscious mind through suggestion and guided imagery. Welcome to a high energy lifestyle.

Script Starts Here:

You're here today because you want to increase your energy and the way you're going to do that right now is by simply relaxing, letting go and following my instructions...

First, I'd like to share suggestions of simple things you can do to increase your energy... The first and most important thing to increase energy is to be sure that you get enough rest... rest both in the daytime when required... as well as sleep at night time...

While at work, when it's time to take a break you actually take the time for your break... and make sure that you rest... Lots of people will work through their break time which can harm their creativity... You realize this and make sure that you take your break... it's a time to rest and recuperate so you can continue working with full focus... During lunch time you also take the time to relax once you've eaten before going back to work...

In the evening you're sure to get to bed earlier... Preferably by 10:30 PM... so you can take advantage of the best recuperating parts of the sleep cycle and are able to get up early as well in the morning...

When you get up in the morning you take the time to eat a good breakfast... Breakfast is one of the most important meals of the day and it gives you the energy to "Get-up and Go"...

You take some time each day to exercise whether it be walking, running, yoga, swimming or whatever you prefer... It's important to have some kind of movement in your body to keep it working well and to keep you energized...

You're careful not to overburden yourself with too much to do each day... Piling on more than what's possible on a regular basis can begin to fatigue you... You do the best at what you can... and work one step at a time... completing small goals as you go until you finally accomplish your task...

You focus more on the present rather than the past or the future... In the present there's no stress or anxiety... Those both come from thinking of or worrying about the past or the future... So, focus on doing your task in the present and keeping your mind in the "now"... This will make you more productive, more focused and relaxed ...

You drink water whenever possible... That wonderful clear crisp refreshing water tastes great to you... It energizes you and helps to keep your body running properly...

Take a moment right now to imagine yourself with the energy level you'd like to have... Imagine yourself as if you were standing right in front of you as a mirror image... How would you look with the energy you'd enjoy having?...

Remember that this person you are imagining is a reflection of you and you have this energy, right now, just by accepting it... allowing it to happen... Imagine yourself right now, stepping into that reflection of you making that creation of the high energy you and the real you, one and the same...

You now have all the "Get-up and Go" that you need... You are energy abundant... You are energy-efficient... Consider yourself energized...