

Too tired/exhausted to do what lights you up?

3 Quick Fixes to Get Abundant Energy



High energy levels: the catch 22

Doing what lights you up gives you energy. But what if you're too exhausted to get started? You end up telling yourself that soon, or even tomorrow, you'll finally get around to doing what you really want to do. You just need a bit of rest first... and that rest somehow never happens.

Here are three quick-fixes you can implement to see immediate results. Because the truth is that you're not on this planet just to pay your bills. You're here to be joyful and pursue your passion.

1

Sleep. This is the obvious one. I challenge you to make sure you get at least 8 hours of sleep in the next three nights. Do whatever it takes to create a quiet, cool, dark bedroom, and go to sleep at the same time. You'll be amazed at the difference it makes to your energy levels.

2

Outsource one regular task. The possibilities are endless (arrange with a fellow school mum that you'll take turns picking up both your kids from school; hire a cleaner; outsource the laundry/ironing etc).

3

Pursue your passion for 15 minutes. You might say it's not worth even starting, but get this: you're "allowed" to go for longer, but understand that you can also do absolutely anything for 15 minutes. Start the painting, make a draft, write down a few sentences, cycle around the block, practice just one passage.



Hey! I'm Sibylle. I'm a trained and experienced Coach and I help Wild Spirits like you prioritise their passion and find their purpose.

You took action and got this cheat sheet, but the important thing is to put it into practice. If you have any questions or comments, simply reply to my email and let me know.

Also check out my website, www.wildspiritscoaching.com.