

Boost Your Energy to Reach Life Goals



By Gayle Crist,
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Here we are in the second month of a new year, and you're likely thinking about how to make 2023 better than 2022. Maybe you want to make progress in terms of career advancement, income,

relationships, exercise and health, writing a book, home or office improvements, work/life balance, starting or building a small business, or a myriad of other goals.

Maybe you've even written down your intentions to pursue a certain goal and set a timetable to do it. If so, KUDOS TO YOU!

But, a few weeks into that pursuit, you've run up against a common problem. You do a reality check and realize you just don't have enough energy to move forward as you were hoping you would. You don't feel motivated and enthusiastic enough to start on your action plan, much less to keep going until it's completed. Your "get up and go" got up and went.

Not to worry! There are ways to reactivate your energy and get moving again. You just need to incorporate some "energy boosters" into your life.

When I start the life coaching process with new clients, I always ask them what activities, people or things rev them up and boost their energy (along with their "energy drainers"—the things that sap them of energy). This makes them cognizant of the power they have to create and maintain the energy levels they'll need to complete the steps toward their goal. So my first suggestion to them is to commit to adding a booster or two to their weekly schedule.

Here are some examples of energy boosters my clients have named:

- Playing with my cat or dog

*Gayle Crist, M.S., is a life coach based in Ambler. She helps people create healthier, happier lives; find more life balance; navigate life transitions such as separation/divorce; start a business; get organized to complete an important project; write/edit their first book, or follow through on other life goals. Gayle is also a writer, editor, and proofreader (www.cristeditorialservices.com) and the author of *How I Met My Second Husband Online at Age 50*. Information about her life coaching services is at www.healthylifeplanning.com, and her life coaching blog is found at <https://gayle4244.wixsite.com/website/blog>. Contact Gayle at 267-245-3023 or coach@healthylifeplanning.com.*

- Spending time with my friends
- Walking in nature
- Doing something creative like painting, poetry, or playing music
- Napping when I need to
- Planning a vacation
- Taking a long weekend off work
- Being with my grandchildren
- Dancing
- Trying something new or going to a new place

How about you? What activities or people rev you up and give you a burst of energy? Make a list of them and then add one to your calendar for this week. Monitor how you feel after doing that activity or seeing that person. I'm guessing you feel more positive, enthusiastic, and alive—right? Now, imagine how tapping into and using that energy will benefit you when you're ready for the first baby step toward a new goal, especially one you've procrastinated about for a while.

For example, let's say you keep putting off starting on a book you've thought about writing for years. Friends or colleagues keep saying you're an expert on a certain topic—and you feel confident about writing about it—but you just haven't made the time to sit down and plan how to fit the writing process into your life. I can help!

I would support you as you incorporate energy boosters into your life that help you feel more motivated to start the planning and writing process. I'd help you create and stick to a schedule for making a book outline and then to carve out time to write on a regular basis—

even if it's just half an hour at a time a few mornings a week.

A few years ago, I coached a would-be novelist who was passionate about writing her first book. The challenge was that she had a young child and a full-time job and wasn't sure when or how she'd ever get the chapters written. My job as her coach was to help her determine how she could reorganize her schedule to fit in writing time, to hold her accountable for doing the writing, and to encourage her to keep going when she got discouraged.

Long story short, she finished her novel in 4 months, found a publisher, had it published, and was successful enough with it that she went on to write 10 more books! It was very rewarding for me to play a small part in helping her get over that initial hump so she could follow her bliss and realize her dream of being a published author.

Are you or anyone you know struggling with low energy and lack of motivation to take steps toward a life goal? Would it help to have a supporter who believes in you and your dream and will help you achieve it? With someone rooting for you and inspiring you every step of the way, you can stop procrastinating and start making progress!

I'm proud to say that clients have called me energetic, enthusiastic, and ebullient...and a natural cheerleader. So I'm confident I could be just the person you need to keep you energized. Let's talk!

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