

Introduction

So I Need To Balance My Energy Bank Account Because *Why?*

Have you noticed that maintaining the energy level that you need to live a healthy productive life has become more of a challenge over the past decade? This is true for most of us. The world around us is moving at an increasingly fast pace. To some degree, in order to navigate, we need to keep up. The demands for our energy output are everywhere. There is social pressure to *go, go, go*, and to do *more, more, more*. Conversely, there is little social pressure to slow down and take care of ourselves.

We are finding out the hard way that productivity decreases steadily the more we push ourselves past our limit—and many of us, both children and adults, have been past our energy limit for a very long time.

We hear quite a lot of talk about what we *should* do in order to maintain our sanity and our physical well being. The question we all ask is,

“ How? How am I supposed to tend to *me* when the needs around me are so overwhelming?”

Work, kids, partners, household, others in need—the list is long and there is always something or someone waiting for a bit of our energy. Those in service to others are particularly vulnerable, and the truth of the matter is, most of us *are* in service to others, in one form or another. That is as it should be. We can't simply stop giving, nor do we want to stop. As a matter of fact, the giving part is a sure fire energy recharge for us. We are meant to share and give as a way of life. The solution, then, is to find better ways to recharge and at the same time, conserve energy where we can in a way that helps us *give more* in the areas that are most important to us.

There *is* a simple solution. If we become consciously aware of the day-to-day choices we are making in relation to our *energy in* and *energy out*, or what I like to call energy expenses and energy deposits, we can make simple adjustments and feel completely different. Our lives can truly change in a week's time.

Many of us are facing energy bankruptcy. Let's relate this to our finances. How does our checking account become overdrawn? It's simple really. Our account becomes overdrawn when we spend more money than we deposit. As you read this book, you will see the correlation between balancing your checking account and balancing your Energy Bank Account. In our society we are collectively in debt as it relates to energy. We all tend to spend more energy than we deposit.

Over time, when we continue the pattern of spending more than we deposit, we become overdrawn in our Energy Bank Account. Then what happens? We get sick. We get stressed. We feel agitated. We become less productive. We find ourselves just going through the motions in our day-to-day routine. Our life lacks luster and joy.

There are also times in our lives that having an energy savings, or having energy stored up, so to speak, is absolutely crucial. Whenever we face life changing circumstances such as a serious illness, divorce, death of a loved one or some other significant loss, a job change, a move from our current residence, to name a few major energy hits, it is absolutely essential that we have built up energy stores in order to heal.

Too often, during a crisis, we try to move forward, yet fail to make progress. Or many times, we can become too paralyzed energetically to seek the help we need. In both instances, a complete energy deficit can be the obstacle to the healing process.

Even during the most devastating life circumstances, we can slowly and incrementally build up our energy account in order to assist our forward momentum. Without adequate energy, we can stay stuck indefinitely. Using the Balance Your Energy Bank Account method in conjunction with wellness programs, counseling, or along our spiritual path can greatly enhance our progress.

Following the simple steps in this book, you can reverse the pattern of energy overdraft. You will be more well. You will de-stress. You will be more productive. You will be more present with your loved ones. And most importantly, you can find your joy and your dream.

In the following chapters, you will be guided through a step-by-step process to Balance Your Energy Bank Account in the same way that you would balance your checking account. Here are the basic principles that will be explained to you in more detail in upcoming chapters:

Step One: We begin each day with 1000 kW of energy.

Step Two: We subtract our daily energy expenditures.

Step Three: We add daily energy deposits.

Step Four: We evaluate our Energy Bank Account balance on a regular basis.

Step Five: We formulate necessary adjustments in both deposits and expenditures in order to achieve balance.

This process works for both adults and children. Kids are energy depleted, too. Parents often wonder why their kids are getting sick so often, battling one ear infection and one common cold after another. Often, exposure at school and child care may seem to be the most obvious culprit. But more often, our kids' Energy Bank Accounts are running extremely low balances.

So are you ready to energize? Let's begin.