

BEHAVIORAL & FINANCIAL INSIGHTS

Creating an Energy-Boosting Cycle

There are many concerns today that can significantly affect our thoughts, actions, and quality of life – the senseless tragedy in Uvalde, Texas, the current conflict in Eastern Europe, economic conditions, market volatility, gas prices, and many more. Most of these things are beyond our control in life. However, we can *choose* to rather focus on those things that we do have control over.

This is a great time to create an energy-boosting cycle to help us maintain the proper focus and become our best selves. Creating an energy-boosting cycle is empowering and enduring. It often results in greater happiness and success in our lives. It is an upward spiral of potential and progress.

An energy-boosting cycle is a product of our choices. It is not dependent on good luck nor avoiding bad outcomes. The following four tips can help you create your own energy-boosting cycle:

1. **Surround Yourself with Great People.** We tend to take on attributes of those we associate with. These social connections influence how we think, feel, and behave. It's easy to be negative and a cynic; it's much more difficult these days to be an optimist – that is a gift. Choose to be around positive, batteries-included, people and allow their perspectives, disposition, and energy to rub off on you.
2. **Consciously Look for Opportunities to Praise Others and to be Kind.** Be both quick and generous with complimenting others and slow to criticize. In the course of a typical day this is much easier said than done. Do good deeds and give generously of your time and/or money – the boomerang benefit may surprise you.
3. **Avoid Negativity.** Everyone has admirable traits along with shortcomings. We can choose to focus on the positive qualities of others rather than the flaws. This is even more important when evaluating oneself, and the choice of words we allow to enter into our self-speak numerous times a day. Utilizing tools (meditation, a journal, or a gratitude rock) to trigger gratitude and positivity results in recharging your personal energy level versus draining it.
4. **Get Active.** The greatest way to mitigate stress is via activity. Move. Take the first step towards getting something done; do that first push-up. The first step is always the hardest, yet a body in motion tends to stay in motion.

Circumstances may influence us, but they don't have to control us. Even when being bombarded by negative externalities, we can choose to act or react with positivity – finding ways to make lemonade out of lemons. And sometimes choosing to simply smile may be enough of a catalyst to get you going in the right direction!

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