

WISE INVESTMENTS OF YOUR TIME AND ENERGY

As unique individuals, each one of us spends or invests time based on our level of awareness of what's working and what isn't.

Let's distinguish between spending time versus investing it. Spending time is when you've been sitting at your computer for an hour and you still haven't written the report that's due now. In this example, you weren't single-minded. You let your mind wander or you allowed external distractions (incoming emails or the interruptions of others) get in the way.

You invest time when you think strategically by asking yourself impact questions, such as: How will I feel if I let others take time away from me, keeping me from completing my report? Once you're clear about what to focus on, you can stay on track by saying "No" to the seemingly urgent, but unimportant, distractions.

Here are some additional tips for investing wisely:

1. Get in the Zone.

You'll be able to get more done in less time when you identify your peak performance state. Take a moment now to access a time when you felt in the zone. How did that feel in your body and what thoughts were you thinking? How is this performance state different from you compared to when you're not in this state?

The business athlete can benefit from investing time in mental and emotional training just as much as sports figures do!

2. Balance Work with Recovery Periods.

From sports coaching, we know that our muscles respond best when we honor our ideal stress/recovery ratio. This is equally true for our mind and emotions. Take frequent 5-10 minute power breaks. Use this time to breathe, stretch, and drink plenty of water. The busier we get, the fewer breaks we usually take. Make sure you do the opposite.

3. Be the Gatekeeper of your Mind.

Observe your thoughts and only let those thoughts in that are in alignment with your goals. Let thoughts enter that cause you to feel energetic and confident. If you are exhausting energy, examine your thoughts. You will be able to trace them to negative thoughts. Thoughts are magnetic whether they are positive or negative. Choose wisely!

4. Create Peak Performance Anchors.

You can establish your own on-demand optimal performance state when you create and practice rituals that trigger your body and mind, accordingly. Michael Jordan prepared for his free throws by bouncing the ball the same number of times in each instance. It served as his anchor,

signaling his body to activate his peak performance. Professional tennis players have fascinating rituals, helping them stay focused. And you can, too!

It's best to practice the above steps when your stress level is low. With practice, you'll draw on these success strategies automatically. By investing wisely, you'll be able to rise above your challenges, distractions or upsets. Soon you'll have many more moments of investing your time than merely spending it.

The best of success to you!

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The Savvy Success Coach

P. S. Please visit my new Savvy Success Strategies page on Facebook:

<http://companies.to/savvysuccessstrategies>

If these Savvy Success Tips are of value to you and you'd like to have more support in implementing them to grow your business or yourself

OR you've had similar ideas, but can't seem to get beyond your barriers or blind spots, you could benefit from 1:1 or group Savvy Success Strategies coaching.

<http://www.nextlevelsucces coaching.com>

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