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## Increase Your Three Types of Energy

By: Brian Tracy

Most successful people can be characterized as having very high levels of energy. Since energy is the fuel with which everything is achieved, there seems to be a direct relationship between energy levels and levels of accomplishment. It is hard to imagine a tired, burned-out person achieving much in life. On the other hand, energetic, positive, forward-moving individuals seem to get and enjoy far more of the things life has to offer than does the average person.

### Physical Energy is Basic

We have been led to believe that there is basically one kind of energy. We supposedly replenish this energy by sleeping at night, and during the day, we use it up again. It is as though we are machines powered by batteries, and each night we recharge our batteries for seven or eight hours. However, there are some problems with this view of energy. The biggest problem is that it does not deal with the fact that there are actually three different kinds of energy, each of which is necessary for maximum performance.

The three main forms are physical energy, emotional energy, and mental energy. Each of these energies is different, but they are interrelated, and they depend on each other.

### The Sweat of Your Brow

Physical energy is raw energy, coarse energy, bulk energy, what we call "meat-and-potatoes" energy. Your physical energy is what you use to do physical labor. It is the primary energy applied by men and women who earn their livings by the sweat of their brow.

### The Source of Enthusiasm

The second form of energy is emotional energy. This is the energy of enthusiasm and excitement. This is the energy that lends sparkle to the life of an individual. This is the energy that is necessary for feeling love, happiness, and joy. Largely, it is your emotional energy that makes life enjoyable for you. In fact, almost everything you say and do is determined in some way by an emotion, either positive or negative.

### The Requirement for Creativity

Mental energy is the energy of creativity, of problem solving and decision making. You use mental energy to make sales, write reports and proposals, plan your day and your week, and learn new subjects. Your level of mental energy is a major determinant of the quality of your life.

### Conserve Your Best Energies

The reason why most people fail to realize their potential in life and work is because they burn up their energy at the emotional level, or the physical level; therefore, they have very little energy left over for mental activities. Most people burn up their emotional energy through the expression of negative emotions. Negative emotions are like a fire that burns up their energy so quickly that they have very little left with which to think positively and constructively. In fact, one five-minute uncontrolled outburst of anger can burn up as much energy as an average person would use in eight hours of work.

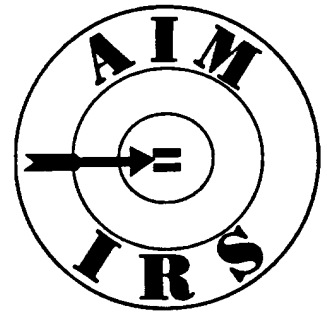
Your job is to think continually about how you can stay calm and positive, and work smoothly and efficiently, so you can have more mental energy to do the things that are most important to you in life.

# Mental Bench Press

07.22.09

*Energy*

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## **Action Exercises**

Here are three things you can do immediately to put these ideas into action:

First, take time to identify the different ways that you either use up or deplete your levels of physical, emotional and mental energy. How could you improve in each area?

Second, be sure to get plenty of healthful, nutritious food so you can keep your physical energy at high levels. This is the key to all other energies.

Third, look for ways to conserve your emotional energies by being more relaxed and optimistic in the face of daily problems and disappointments.

The more energy you have, the happier and more productive you will be.