

INVESTING YOUR ENERGY WISELY



BY- PRIYANKA VERMA

INTRODUCTION

Over the past two years, humans have made remarkable advancements. This progress has given us conveniences that our ancestors would not have even seen in their dreams. Electricity or any type of communication device which we take for granted are miracles for them.

The irony is that despite making life easier most people in the world today are stressed, depressed, or unhealthier than ever. Do we have any idea what could be the reason? Do we realize everything is made up of energy?

Remember the famous law of energy-

“ENERGY CAN NEITHER BE CREATED NOR BE DESTROYED, BUT CAN BE CHANGED FROM ONE PERSON TO ANOTHER.”

Yes, everywhere is energy. It plays a crucial role in our lives. We are nothing without energy according to Holistic Sciences any feelings of being stuck in life or most kinds of diseases are due to either lack of energy within our system or an energetic blockage in one of our energy centers Chinese call it as ‘chi’ Japanese call it as ‘ki’ and in our Vedas, it is mentioned as ‘Prana’.



DARPAN
Exploring The New You

So energy is fundamental to our existence low energy levels caused by internal and external factors have a negative impact on multiple levels and most of the time leave us demotivated and frustrated.

Although most of the time we can control our energy supply, we often continue with the habits that leave us drained rather than being focused on energy-boosting activities.

“The wisest people don't spend their energy, they invest it.”

Similarly invest your energy into what can help it expand and bring you desired results.”

To live a happy and successful life there should be a balance between all five types of energies due to which our body functions systematically. Following are the five types of energies that are interrelated and deeply connected and needed to be balanced.

Energy Management requires self-discipline a strong mind-body awareness and conscious living. Energy management is crucial if you want to excel in your work, build a balanced life and become more creative and productive.

PHYSICAL ENERGY

- It is the most common and visible form of energy that people take care of. This energy is required for the movement of our body and daily activities. It plays an important role in the functioning of the internal and external organs of our body.

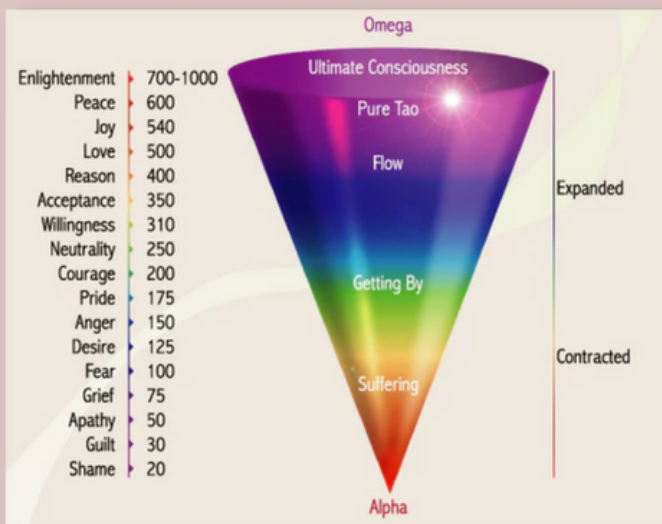
Whenever we feel slumber or fatigued we can easily re-energize ourselves by taking a balanced nutritious diet, exercising or good sleep patterns, and taking care of our body, but it's not only the thing which is responsible for our productivity, performance, or success. Most people focus on this only and ignore the other important types of energies.



EMOTIONAL ENERGY

Sometimes people feel they are super lazy, don't want to want to step out of home, don't want to do anything, or learn new skills. It's not because that they don't have physical energy, but they don't have the right amount of emotional energy. So emotional energy becomes the basis of ignition in the physical energy. For example, if you want to wake up at 5 a.m. in addition to physical energy, you need a lot of emotional energy as well.

Here accountability helps a lot connecting with nature doing more what you want to do, occasional treats going on a vacation, positive self-talk is some of the ways which can help to replenish emotional energy.



RELATIONAL OR SOCIAL ENERGY-

Human is a social creature. We always want to have a lot many people in our life who can support us or cheer us so that we can constantly evolve with each other. When there is a lack of social energy in our life we feel isolated or in a limited Zone, which can cause some sort of stress or personality conflicts as well. To become more productive and growth-oriented in life we need to have like-minded people who nurture us and believe in us.



MENTAL AND COGNITIVE ENERGY

Mental or Cognitive energy is the energy that we gain when we put ourselves out for some challenging tasks such as learning a new language, running a new business in parallel, thinking out of the box, traveling alone, or upgrading our skills. Expansion of the mental capacity only happens when we push ourselves a little bit for something new or unique. This part of the energy is essential for overall growth and success in life. We say we are getting more confidence because mental energy expansion is happening at that moment.



SPIRITUAL ENERGY

Spiritual energy can be defined as energy within our passions motivations, conscience, or even our dreams which guide us in our life. It brings purpose to our lives and allows us to connect with ourselves beyond the body and mind or materialistic world. It is also known as deep intuition or gut feeling. It helps in grounding and gives meaning to our life.

We can enhance our spiritual energy by doing introspective exercises like meditation, writing a journal, learn the art of forgiveness or acceptance. Also consistently feeding yourself with true knowledge by reading scriptures or following a higher power.



If these energies are in balance in a certain way we feel more energized more in synchronization with life. We will be able to live our life holistically with the experience of our being rather than just focusing on the results or certain outcomes.

Like we cannot fill the gas tank in a car and expect it to run forever without refueling we need to refuel or replenish our body with all these interrelated and fundamental Energies.

So invest your energy rather than just spending it randomly.



PRIYANKA VERMA

**LIFE TRANSFORMATION COACH
PSYCHOLOGICAL COUNSELOR
NLP PRACTITIONER**



If you feel unloved and unworthy and want love and respect without being guilty then you can check out my book
'AWAKEN THE SELF LOVE QUEEN WITHIN YOU' on
Amazon and Flipkart



Want to learn the 5 pillars of
SELF-LOVE then Register for my
upcoming workshop.



SPEAKER
PRIYANKA VERMA



~~₹1499~~
₹199

10 X YOUR HAPPINESS THROUGH
SELF LOVE

DM or visit my website
www.darpanbypriyankaverma.com
to know more

ABOUT COACH PRIYANKA



Priyanka Verma is an Internationally certified Life Transformation coach, Psychological Counselor, NLP Expert for women.

She is the Founder of DARPAN- By Priyanka Verma, and is awarded the 'Women of Excellence award-2022' from Chalk and duster, a 'Global Outstanding Leadership Award' in Life coaching from ILA.

Author of the book "Awaken the self-love queen within you".

Title holder of Mrs. Dignified Diva in Mrs.India -woman of substance 2022

She has been awarded as 'Best Life Coach & Trainer 2022' by Crazy Tales. And featured in 100 Indians under 40 by Fox story.

She is on a mission- "To help women in the rapid transformation of their life by building the growth mindset, so that they rewire and realign to live life with their highest potential and joy. Also, they become financially and emotionally independent"

She is a proud mother of 2 daughters and wife of a loving husband.

She herself is the survivor of severe depression, panic attacks and other hormonal ailments. She now motivates women, to take 100% responsibility for their life, come out of their victim mindset, be their authentic version, and deal with stress, anxiety, and depression through self-love.

She is a multi-passionate woman wearing various hats with an aspiration to live her highest purpose and assist others in achieving their goals.

She believes that everyone is born with unique talents and abilities so she coach them on how to replace their limiting beliefs with empowering beliefs and awaken their mindset with the help of proven tools and strategies in a multidimensional approach.





To get your first free clarity call, DM or call me on:
WhatsApp: +91-8368079565



Email: darpanbypriyankaverma@gmail.com



[instagram.com/priyanka_transformationcoach/](https://www.instagram.com/priyanka_transformationcoach/)



[fb.com/darpanbypriyankaverma](https://www.facebook.com/darpanbypriyankaverma)

To know more about me kindly visit my website
www.darpanbypriyankaverma.com