

Installment 1: Introduction

The Power of Full engagement was written by a fellow (Jim Loehr) who helped athletes improve performance. He was so successful that people in business started to ask him to help them be more effective in achieving personal and professional goals.

What he teaches: if we want to live effectively, we need to pay attention to our energy levels. Most people think effectiveness comes from skillful management of time and stress, the ability to persevere and keep going, having the right incentives and motivations, being disciplined and optimistic. But Loehr says none of these things matter if you are tired. You cannot get anything done if you are tired, never mind doing them well.

So 4 principles:

1. **Know that there are 4 areas where you gather and expend energy: physical, emotional, mental, and spiritual.** This means your eating, sleeping and exercise habits, your ability to manage your temper, your ability to be creative, your interaction with God and people are either contributing or sabotaging your performance.
2. **Effectiveness is a result of pacing energy.** Overuse and underuse of energy are both bad for performance. To be effective, we need to begin monitoring our energy status and know when to use more, and when to recharge.
3. **We improve performance by stretching.** Improvement is a result of training – to systematically and gradually push beyond the limits of our comfort zones.
4. **We improve when we program behaviors that recharge our energy.** In order to maintain optimal energy levels, we need to know when we are “low” and develop behavioral rituals that recharges us to the optimal levels.

The road to change: 1) know where you want to be, 2) be honest about where you are and 3) take action.

In the next installment, I'll tell you what he says about the need for rest.

Pax Vobiscum

Nick