

Fill her up baby

Each of us has our own internal fuel tank to keep us going and thriving.

I like call this fuel ENTHUSIASM.

Enthusiasm is our internal fuel for functioning. When our tanks are full we are unstoppable.

Think about a time where you were completely energized? Completely in self belief and completely passionate about something? How quickly did things happen?

How high was your level of enthusiasm?

This is the fuel that gets businesses started, makes relationships thrive and keeps us at our healthiest. We are at our highest vibration and function as a huge ball of matter or energy. We attract greatness in that mode.

Our thoughts and emotions are positive and free flowing. We have courage, strength, wisdom, vitality and passion. We are positively happy and energized- healthy and active! So what affects our fuel? What really takes away our energy?

What really intoxicates us and weighs us down is our negative thinking- any thoughts of anger, frustration, over whelm, anxiety, sadness, despair, guilt, shame, resentment depletes our enthusiasm and de-energizes us. (Yes that is a word) :-) All of this we sum into fearful thoughts- it is those fearful thoughts that are destroying us in every moment.

Negativity affects us on so many levels- when we are depleted our bodies are depleted and we are breeding illness with every bad thought.

Energize yourself with positivity and positive emotions and make your life thrive.

"Success is going from failure to failure without losing your enthusiasm." Abraham Lincoln