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## Doing More Makes More Get Done

Have you ever spent the entire day sitting and watching television on the couch and notice how tired you actually are? The more you do, the more you will do. If you exercise in the morning, you will have more energy throughout the day. How does this apply to your job or career? Who is to say you won't be more productive at work when you have an active social life (those who work hard play hard and vice versa).

When you are off work you should try to remain as busy as possible and don't fall into the trap of being inactive during your days off. You don't want your life revolving around your job to the point you don't do anything but work and go home, work and go home.

Even on your off-days you should have something on the agenda to keep you busy. If you need a break from exercising, that is understandable. You can't work out seven days a week because you need time for your muscles to heal and regenerate. You should get up at a respectable time even on your day off. You don't have to sleep until noon or later just because you can. Plan your weekend activities during the week for the most part and the rest of the time you can wing it.

The more you do, the more that can be applied to your **job**. Have you ever sat in your office or cubicle with nothing to do, or the work day is going by so slow that you can fall asleep right at your desk? When you are in a dry spell at your place of business you should look for more to do to make the time go by a lot faster. Try to avoid going online but actually do something productive with your time at work. Being productive at your job can never hurt, therefore, finding something to do during the "boring times" will keep your energy level up.

If you feel your energy level is dropping as you get older, then you might want to consider additional activities to keep your energy high. That sounds odd, doing more to keep your energy level high, but it does work. Instead of running around the block like you use to, perhaps walking is more suitable for you. For those 20-something's who think they have all the youth and energy in the world, think again. You don't need to act as if you are training for the Iron Man, but exercising often is very important.

We all get older. Therefore, you must remain active all through our youth so we will have more strength, endurance, and overall more energy as we continue to age. The more you take care of your body as you are younger, the fewer problems you will have when you become older.

Maintaining your energy levels will greatly increase your work performance. Try to avoid drinking



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too much caffeine and energy drinks to create false energy levels. If you keep your mind active on your work then you should see the day fly by.