

Energy Is Key

This past week, I set off to one of my favorite places on the planet for some recharging. I spent a week on a sailboat in the British Virgin Islands with friends and had a wonderful time! One of the islands, [Jost Van Dyke](#), is known as a top ten destination for New Year's Eve celebrations. What an extra special experience to sail to different islands and experience different beaches and breathtaking views!



[Last week](#), we asked the question “What are you going to do to ensure you have more energy next year than you did this year?” Sailing around those islands is one of those things that helps create energy for working in the world of the entrepreneur. Vacation and escape is not about physical rest. It is about allowing our minds to rest from all the things spinning around in there that is related to the job we do and how we are doing it.

To me, vacation is also about expanding the mind in some way that opens it up to new ideas and thinking to allow me to make better decisions in running a company. Isn't that the most important thing we do as entrepreneurs . . . make decisions? It is the decisions we make to start this, stop that, keep something going, put more resources into a project, improve a process, and having the right people. Therefore, if our brains are all gummed up with gunk from not letting it go and recharging, we don't seem to do as well in the decision department.



The sunsets, the sunrises, the water and its vastness, the landscape of the islands, the beautiful beaches, so many more stars to ponder over, and the different people to meet open our minds to the possibilities and pump up our energy. Degunking and staying

disconnected from my business (phone mostly was roaming) and the news of the world (what fiscal cliff?) allowed me come back more mentally energized.

In "[The Power of Full Engagement](#)," [Tony Schwartz](#) discusses how fully engaged energy, not time, is our most precious resource. He says "Every one of our thoughts, emotions, and behaviors has an energy consequence, for better or worse. The ultimate measure of our lives is not how much time we spend on the planet but rather how much energy we invest in the time we have." His key premise affirms that the skillful management of energy determines performance, health, and happiness.

What are you doing to make sure you are fully energized to take on all that your business throws at you?