

Be at your Best with Janet Leung

Do you know what you want from life?

Many of us think we want money or material things or want to have as many experiences as possible in life, all of which is absolutely true, but the question I would like to ask is WHY we want those things in our life? Will these things make us truly happy if we don't make the most of it? Of course not.

What I recently discovered is that what we all want is ENERGY. Most people want energy without being aware of it. People think they want money, but what is money? What is love? What is having an exciting life? All these things are just another form of energy. Everyone wants energy.

Each and everyone of us is made up of energy and how we vibrate can be detected by others! The higher the frequency, can mean the more positive the energy is. This means – the type of energy you are sending out - you will attract back. We all know people who are attractive and notice how others want to be around them, usually including ourselves... well it is because they are putting out positives vibes and attracting other positive energy too.. How cool is this?

So if it energy that we all want, how do we get more of it FOR FREE? This is the most amazing thing about this – we all have access to this amazing stuff whenever we want it. If we consistently raise our energy levels and maintain it – imagine how different our life could be? Imagine how great it would feel to attract other great people into your life just like you?

7 Things that drain energy:

Bad diet / Negative people / Watching television / Lack of exercise / Stress / Poor health / Dysfunctional relationships

8 things that raise energy levels:

Smiling / Knowledge & Learning / Overcoming challenges / Mentors & Uplifting people / Sex / Pets / Having fun / Recognition

So if you want more energy in your life, put these things into action, get energetic and watch how you attract more energy into your life.

For more information or to get help to achieve your personal goals, contact Janet on 0404 158 395 or send an email to janet@beatyourbest.com.au

www.beatyourbest.com.au