

## The Energy Mindset: How to Make Your Body a Power Plant, Not a Battery

Here's something no one tells you: **Energy isn't something you have. It's something you generate.**

That's not just motivational fluff—it's biology.

If you wake up tired, need three coffees to feel human, or crash by 3 PM and crave sugar, it's not a character flaw. It's a system breakdown. And guess what? You can fix it.

Let's talk **energy mindset**—and the science that backs it.

### First, Flip the Script

We need to stop thinking of our bodies as batteries that run down all day.

Instead, if we think of it as a **power plant**—a system that creates energy on demand, when given the right inputs.

**This shift in mindset is everything.**

This is because if you *believe* energy is limited, you act limited. But if you believe energy is something you create? You take actions that generate it. BOOM!!!

## **And Here's The Science: Meet Your Mitochondria**

You've got billions of tiny power plants inside your cells called mitochondria.

Their job? To take food, oxygen, movement, and mindset—and convert them into pure, usable energy (ATP).

Want more energy? Upgrade your mitochondria. Here's how:

### **5 Real Ways to Generate Energy (Fast and Fun)**

#### **1. Do the Opposite of Tired**

Feel sluggish? Move.

Just 3 minutes of movement—jumping jacks, squats, shaking it out like a toddler on a sugar rush—signals your brain to produce norepinephrine and dopamine (natural energy-boosting neurotransmitters).

*Research shows* even microbursts of activity increase mitochondrial output and improve cognitive energy.

#### **2. Sunlight = Mitochondrial Fuel**

Get outside first thing in the morning for at least 10 minutes.

Sunlight triggers your circadian rhythm, boosts serotonin, and tells your mitochondria to wake up.

*Bonus: Early light exposure improves sleep quality—which is your overnight energy reset button.*

### **3. Protein = Sustained Power**

Ditch the carb-heavy breakfast. Instead, start your day with 30g or more of protein to stabilize blood sugar, reduce cravings, and prevent the crash.

*Protein increases dopamine and supports lean muscle = more mitochondria = more energy.*

### **4. Breathe to Reboot**

Try box breathing (inhale 4, hold 4, exhale 4, hold 4) for 1–2 minutes.

This calms your nervous system, lowers cortisol, and helps redirect energy from stress mode to creation mode.

*You can't access creativity or stamina when your body thinks you're being chased.*

### **5. Ask Better Questions**

Instead of “Why am I so tired?” try: “What would give me energy right now?”

That single mindset shift turns your brain into a problem-solving machine, not a self-blame echo chamber.

## **Energy Isn't Just Physical. It's Personal Power.**

When you learn to generate energy on purpose, everything changes. You show up differently. You speak differently. You feel lit from within.

### **Want More Like This?**

This is exactly what we're diving into over on **The Blooming Era Substack**—where midlife reinvention meets cellular power, mindset rewiring, and zero tolerance for burnout.

In my opinion, energy is the new currency—and how to make more of it, without selling your soul to caffeine is the hot ticket.