



MODULE THREE

Unbeatable Energy



*When you have more
energy, you perform
better and you're more
productive.*

The world belongs to the
energetic.

Find your biggest energy drains so that you can fix them.

On a scale of 1 to 10, rate your energy levels right now and write them down.

What kind of energy you want to lead with?

How much more could you accomplish with 10x your current levels of energy?

Top Energy Drains & How To Fix Them

Energy Drain #1 - Stress

- big cause of low energy
- feel sluggish and exhausted
- consumes huge amounts of energy

The Fix:

- talking with a friend or coach
- meditation
- breathing exercises
- self-hypnosis
- yoga
- work out

Energy Drain #2 - Not Enough Sleep

- most common causes for low energy
- feel fatigued during the day
- not at your best, performance suffers
- mood and cognitive abilities are affected negatively

The Fix:

- get into a regular sleep routine:
get up early and go to bed on time

Energy Drain #3 - The Wrong Diet

- lack of nutrients you need to stay energized
- Too many simple carbs and too much sugar creates the crash n' burn effect

The Fix:

- eating the right food at the right time helps you avoid the energy lag

Energy Drain #4 - Not enough H2O

- if your body is short on fluids, one of the first signs is a feeling of fatigue

The Fix:

- drinking eight glasses of water a day or half of your body weight in ounces of fluid

Energy Drain #5 - Depression

- This is the most common reasons you might be low on energy since 2020
- can start gradually and build up over time
- difficulty concentrating and performing at your best

The Fix:

Reach out for help.

Don't suffer silently.

Energy Drain #6 - Lack of Exercise

- another common reason for low energy
- moody
- low dopamine levels

The Fix:

- when walking, pick up the pace periodically
- 15 to 20-minute walk after eating
- make it fun, it'll make you much more energetic and you'll perform better

Energy Drain #7 - Not taking advantage of Caffeine

- caffeine helps increase alertness
- just be careful as it can cause insomnia

The Fix:

- a cup of coffee can help sharpen your mind but cut yourself off by noon so that you'll sleep well
- don't consume in large amounts

Energy Drain #8 - Alcohol

- the sedative effect of alcohol is especially strong at midday

The Fix:

- avoid drinking alcohol at lunch if you don't want a mid-afternoon slump
- avoid the five o'clock cocktail if you want to have energy in the evening
- drink in moderation and at a time you don't mind having your energy wind down

RECAP

- improve sleep quality, create a regular sleep routine
- exercise or take a walk once a day
- drink plenty of water and limit alcohol
- limit starchy carbs and sugar, and eat foods that are lower on the glycemic index
- take energy breaks throughout the day to stretch
- breathing techniques like 4-4-4,



THANK YOU

See you in Module Four

