

# 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

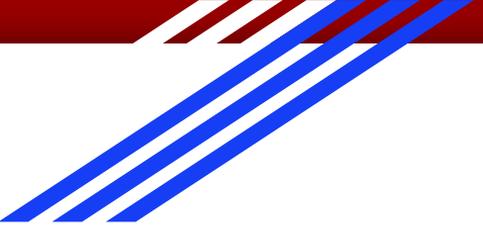
- the sedative effect of alcohol is especially strong at midday

## 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**

