

LISA G

MODULE 3

Unbeatable Energy

WORKBOOK

LISA G | HIGH-PERFORMANCE COACH

MODULE 03

Unbeatable Energy

How to fuel your body for unbeatable energy in uncertain times.

Taking care of your performance levels is everything.

You need to take care of yourself like a million dollar racehorse. They require a high level of maintenance to have enough energy to run the race well, and the BEST products for their bodies. It's time to stand up for yourself and do what you'd do for the horse, because everything in your life these days depends on how you feel.

How well you do in disruptive times depends on how much energy you have. It's your job to energize yourself with the way you move, eat, and show up daily.

The power plant doesn't have energy; it makes it.

You get energized by moving your body, eating foods that give you energy instead of food that gives you a short burst of energy and then you crash, burn and feel tired, and you need to be more intentional about the emotional energy you show up with daily.

MODULE 03

Unbeatable Energy

You're the boss of the energy you bring to your relationships, your business and your day. By being more intentional, you get more done, feel better, and have deeper connections with the people around you.

This workbook has ideas for you get your day started in a way that will make a difference in how you show. By doing at least one new thing, you're building a habit that will help you in the long run.

MODULE 03

Unbeatable Energy

Body Ideas:

- 8 hours of sleep
- Resist the snooze button
- Stretch first thing (a flexible body will create a flexible mind)
- Run or Walk outside when you can
- Yoga
- Jump on a mini tramp
- Meditation
- Cold shower
- Breathing exercises
- Biking
- Standing more often
- Park further away from your destination
- Take the stairs
- Jumping jacks
- Push ups
- Wake up with a smile and gratitude to start the day off right

MODULE 03

Unbeatable Energy

Fuel Ideas:

- Drink a smoothie
- Tea or organic high-quality coffee
- Avoid all sugary drinks like soda, juice, and alcohol
- Hot water (plain, lemon, apple cider vinegar, ginger)
- Juicing
- Supplements
- Essential Oils
- Protein Shake
- Grab some green powder
- Put a tablespoon of coconut oil in your coffee or smoothie
- Get tested for food allergies, microbiome testing
- Eat a whole food diet heavy in organic plant-based foods
- Work with a nutritionist who helps create a diet specific to your needs

Energy Ideas:

- Breath Scaling
- Cupping
- Qigong
- Tapping
- Bouncing in place
- Air Squats
- Ride Stationary Bike for 10 minutes






CHALLENGE: PICK ONE THING FROM THE LIST ABOVE AND START SHOWING UP FOR THAT DAILY.

WEEKLY

MOOD JOURNAL

There is a strong link between mood and energy. Tracking your mood can be a helpful way to identify patterns and predictors of low energy. By understanding when your mood dips, you can take steps to prevent or counterbalance the effects of low energy.

WEEK OF: _____

					
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

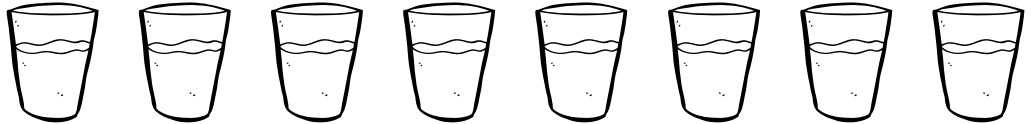
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WEEKLY

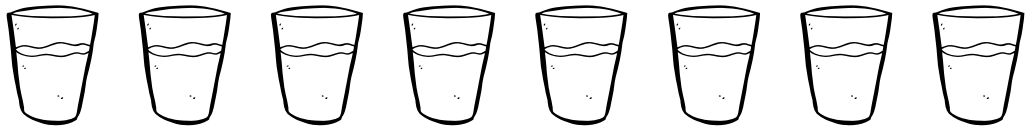
HYDRATION TRACKER

Shade each cup for every 12 ounces of water you drink.

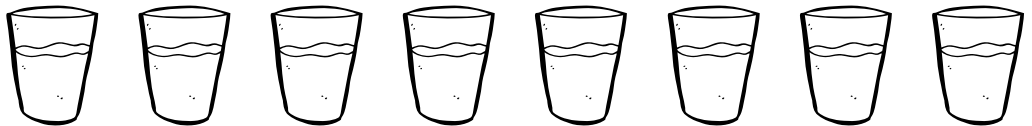
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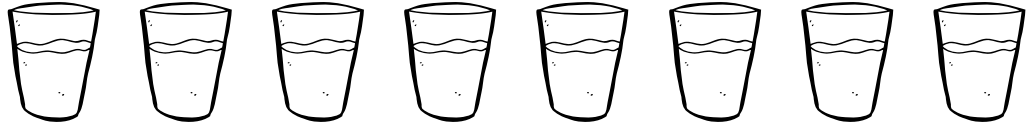
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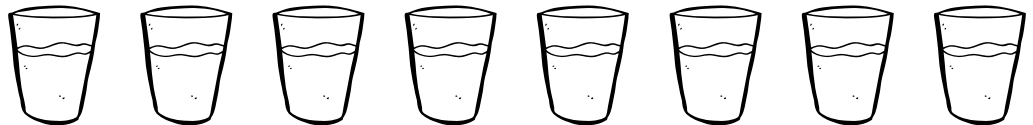
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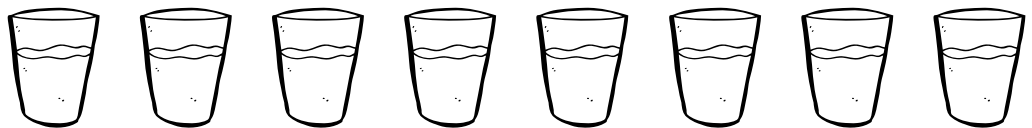
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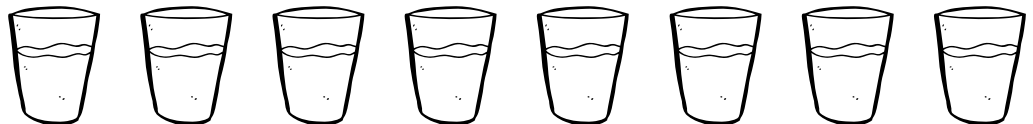
FRI



SAT



SUN



SLEEP TRACKER

Week of:

Better sleeping patterns lead to more energy and increased performance levels.

Goal For The Week	M	T	W	T	F	S	S
Slept At							
Woke up At							
Average Hours Per Night							
Set Alarm At 8 am							

Week of:

Goal For The Week	M	T	W	T	F	S	S
Slept At							
Woke up At							
Average Hours Per Night							
Set Alarm At 8 am							

HOW DO YOU FEEL?

SLEEP TRACKER

Week of:

Goal For The Week	M	T	W	T	F	S	S
Slept At							
Woke up At							
Average Hours Per Night							
Set Alarm At 8 am							

Week of:

Goal For The Week	M	T	W	T	F	S	S
Slept At							
Woke up At							
Average Hours Per Night							
Set Alarm At 8 am							

HOW DO YOU FEEL?
