

Module 3 Transcript

Unbeatable Energy

Having high energy is important. It affects everything you do or don't do. When you have more energy, you perform better and you're more productive.

The world belongs to the energetic.

If you look at all high performers like Tony Robbins, Richard Branson, and Brendon Burchard, they have high energy levels.

Today, let's look at your life to find your biggest energy drains so that we can fix them.

I'm Lisa G and welcome to module three.

I'm so happy you're here with me.

Let me show you the way to have **high-level** energy. Let's start with this one. On a scale of one to ten, rate your energy levels right now and write them down.

If it's not a 10, how much more could you accomplish if you fix your energy levels?

It'll be much easier for you to crush your goals with unstoppable energy levels.

You need to ask yourself what kind of energy you want to lead with. How much more could you accomplish with 10x your current levels of energy? Think about it.

Let's jump in with the top energy drains and how to fix them so you can bring higher levels of energy to your team, your family, and your company.

Number one, you need to manage your stress levels.

Stress is a big cause of low energy. It releases hormones like cortisol and adrenaline which put your body in a constant state of emergency. It can make you feel sluggish and exhausted. And stress consumes huge amounts of energy.

I know we've all experienced stress lately. **I** certainly have.

Talking with a friend or coach can help reduce your stress levels. Relaxation therapies like meditation, self-hypnosis, and yoga are effective tools for reducing stress.

My favorite ways to combat stress are deep breathing exercises, yoga, meditation, and working out. What is it for you?

Number two is not getting enough sleep.

This is one of the most common causes I see for **low** energy.

It's not your fault if you have trouble sleeping with all the uncertainty we've all been experiencing which aggravates the issue. I know I do.

You can feel exhausted and not at your best, your performance suffers, and you feel fatigued during the day because you simply are not giving your body the rest it needs to function properly.

Studies prove that when you're sleep deprived, your mood and cognitive abilities change and your body can't perform optimally. I know this first hand because I have insomnia.

Here's how I fixed this energy drain for me and my client Randy who I have to say has had an extremely challenging two years.

You can say goodbye to drowsy mornings by getting into a regular routine of getting up early and going to bed on time. This gives you better sleeping patterns which lead to being more energized and increased performance levels.

Number three is the wrong diet.

One of the most common causes of low energy is a diet that isn't giving you the nutrients you need to **stay** energized. Eating the right food at the right time helps you avoid the lag in energy that typically occurs after eating quickly-absorbed sugars and refined starches.

Eat food with a lower glycemic index that takes longer to absorb like high fiber vegetables, nuts, olive oil, proteins, and fat.

In general, high carbohydrate foods have the highest glycemic index. If you're not eating properly, your body can't create all the energy it needs to perform at its best.

I dive deeper into what to eat and when to eat in module five so that you'll not only have more energy but live longer and lose belly fat. My system has worked for me and countless clients.

If you're living on carbs and sugar, your body breaks down the carbs and sugar rapidly, and you experience a sugar rush and then a crash which can leave you tired and cranky.

If you're not getting the right nutrients at the correct time, that is contributing to low energy and performance. So, be honest with yourself.

Number four, are you drinking enough water?

If your body is short on fluids, one of the first signs is a feeling of fatigue. When you're feeling tired, the first thing you should do is drink more water.

Water is the only nutrient that has been shown to enhance performance and for all but for the most demanding endurance activities, no Gatorade is required.

I recommend drinking eight glasses of water a day or half of your body weight in ounces of fluid.

Are you doing that? If you're dehydrated, increasing your water intake will help with your energy levels. So be honest, are you drinking enough water?

Number five is depression.

This is another one of the most common reasons you might be low on energy, especially in these uncertain times. It can start gradually and build up over time.

We are living in a crisis of mental and physical health. You might have difficulty concentrating and performing at your best.

The best way to fix this is to reach out for help. You don't have to suffer silently.

Number six is lack of exercise.

Another common reason for low energy is a lack of exercise.

Exercise almost guarantees that you'll sleep more soundly and exercising can lead to higher brain dopamine levels which help elevate your mood.

When walking, pick up the pace periodically too to get extra health benefits. A simple 15 to 20-minute walk after eating is one of the easiest ways to get your energy back up. Start taking 10 to 15 minutes each day to go for a walk.

Your exercise plan shouldn't be something you don't enjoy. Make it fun, it'll make you much more energetic and you'll perform better. Dancing always works for me.

Number seven, are you using caffeine to your advantage?

Caffeine helps increase alertness. So, having a cup of coffee can help sharpen your mind. But to get the energizing effects of caffeine, you have to be careful because it can cause insomnia, especially when consumed in large amounts after 2 pm. So cut yourself off by noon just to be careful.

Number eight, limit alcohol.

One of the best hedges against the mid-afternoon slump is to avoid drinking alcohol at lunch. The sedative effect of alcohol is especially strong at midday. Also, avoid the five o'clock cocktail if you want to have energy levels in the evening.

If you're going to drink, do so in moderation and at a time you don't mind having your energy wind down.

So, as a recap, let's go over some ways to increase your energy levels. If you feel stuck in a midday slump, change these habits right now for an instant energy boost. Let me know which ones are important to you so that you can make one change. Tag me in the Facebook group.

Number one, improve sleep quality and create a regular sleep routine.

Number two, exercise or take a walk once a day.

Number three, drink plenty of water and limit alcohol.

Number four, limit starchy carbs and sugar, and eat food that has a lower glycemic index.

Number five, get outside and be in the sun for 10 to 15 minutes a day.

Number six, take energy breaks throughout the day to stretch.

Number seven, use breathing techniques like 4-4-4, inhale for four, hold for four, and exhale for four four times.

I'm Lisa G. Thanks for showing up for module 3 and I'll see you soon.