



SESSION #8: ENERGY CHECKLIST

To feel more energized and vibrant each day, we all know we have to take care of our physical body. But what is common sense is not always common practice when it comes to our health. Below are simple ideas that, when practiced every day, can sum up to a dramatic increase in your overall energy. **Choose THREE of these items to do more consistently every day until our next coaching session.** Please note that these are general recommendations, but you should always consult your doctor or trained health advisor before making any changes to your diet, health plan or lifestyle.

Rest + Exercise

- ✓ Walk outside *every day* for at least 30 minutes.
- ✓ Sleep 8-9 hours per night. If you miss that target, nap or meditate during the day to catch up.
- ✓ Do two 60-minute cardio activities per week. (As always, consult your doctor or health advisor and do what is appropriate for your health and fitness levels).
- ✓ Do two 20-40 minute intense workouts per week (strength-based or high intensity training).
- ✓ Meditate once or twice per day for 15-20 minutes. If you are new to meditation, search "Release Meditation Technique" on YouTube. Also try the Headspace and Calm apps.

Diet + Nutrition

- ✓ Eat a whole food diet heavy in organic plant-based foods. Try a kale or spinach salad for lunch or dinner for 30 days.
- ✓ Absolute must: Get tested for food allergies.
- ✓ Take a food-based multi-vitamin and vitamin D, magnesium, a B-Complex and Omega-3. See your nutritionist for additional supplementation needs.
- ✓ Drink health shakes for breakfast or snacks.
- ✓ Drink 3-6 liters per water per day and avoid all sugary drinks, alcohol, and caffeine (green tea okay).
- ✓ Limit white starches and heavily processed breads/carbs. Avoid white bread, croissants, potato chips, muffins, etc.

Daily Energizing

- ✓ Every 50-75 minutes, stand up, *move* and stretch. As an example, try:
 - ✓ 20 arm crosses
 - ✓ 20 arm circles each arm
 - ✓ 40 knee-highs (marching in place)
 - ✓ 20 seconds patting your lower back
 - ✓ 10 deep breathes while bouncing in place
- ✓ Focus on speaking and gesturing with passion.
- ✓ Stay standing more often.
- ✓ Hug and engage others physically more often.
- ✓ Try to make people smile or laugh more often.
- ✓ Focus on being present.
- ✓ Keep a gratitude journal and send an appreciative email or text every day.



SESSION #8: PHYSIOLOGY MASTERY

In addition to your Session #3 Energy Checklist, here are three more ideas that can activate your physiology in a way that brings you more energy and vibrancy.

Improve Your Posture and S T R E T C H.

The Information Age dawned the century of human hunchbacks. We sit or stand hunched over our devices for hours at a time, oblivious of the dramatic toll bad posture plays on our digestion, energy, mood, muscle strength and flexibility. When sitting, we should sit upright, chin tucked back not lurching forward, shoulders relaxed, and feet planted square on the floor. When standing, we should stand upright in full, with our shoulders back and relaxed, our neck in line with our backbone as if a broom connected them vertically, and our chest up and outward confidently. Stretching several times a day, especially at the end of the day, is critical to our overall muscular-skeletal health and flexibility. Try stretching 3 times per day for just 3 minutes.

- *I tend to have bad posture when I...*
- *If I stood tall and full as my most confident self, the way I would stand and hold my frame is...*
- *The way I'm going to remind myself to sit and stand with better, more alert and confident posture is to...*
- *If I had to find times to stretch three (3) times a day, the best time to do it would be...*

Speak and Gesture with Greater Volume and Range.

How you speak and gesture speaks volumes about who you are... and often dictates how you physically feel. You've probably noticed that when you are passionate you use your voice and gesture more expressively.

- *If I were speaking fully passionately, the way I would sound and move is...*
- *Because of the way I currently speak and gesture, people perceive me as...*
- *The way I'm going to remind myself to speak and gesture with more volume and range is to...*

Breath Scaling.

"Breath Scaling" is a concept used to explain the idea of breathing more fully, deeply, and forcefully over a span of 1-30 breaths. The focus is to begin breathing easily and deeply, then to begin drawing in more air more quickly and forcefully and exhaling more quickly and forcefully as well. Once you reach the limit of how much air you can bring in and force out quickly, then start "scaling back" to a calm, deep breaths and ultimately to your normal range of breathing. If you ever become dizzy or lightheaded, then you've done too much and you should stop, sit down, and catch your breath. Do this 3 times per day for just 30 seconds or so at a time.

- *The amount of time I focus on my breathe each day is...*
- *The types of activities or situations that cause me not to breath fully and deeply include...*
- *To remind myself to do breathe scaling each day multiple times, I will...*