



CREATING LASER FOCUS



NO PHONE IN BED



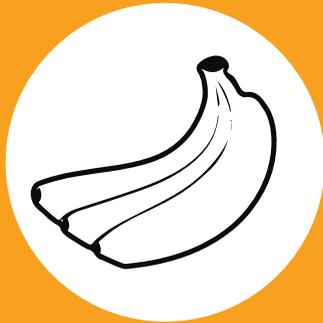
BREATHE:
Practice breath awareness
1-3 min/day



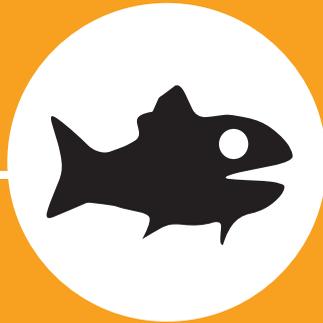
SLEEP 7-8 HOURS:
65° is the sleep temp



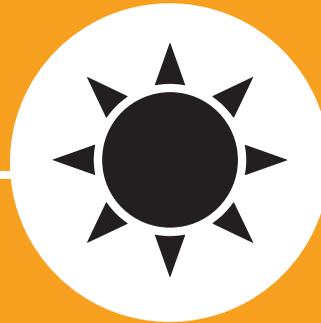
CUT THE STIMULANTS:
Caffeine, Adderall,
& Energy Drinks



GUT HEALTH:
Your gut is your "2nd Brain"
add PRE-and-PRO biotics
to your day



OMEGA-3's:
Cod Liver Oil, Flaxseeds, Chia
Seeds, Walnuts



FIND ENGAGEMENT:
Get engaged in the
little things



DO NOTHING:
Allow yourself to
be bored



MEDITATION:
Practice being mindful



CUT OUT THE NOISE:
Focus on what matters



SPA MUSIC:
Soft calming music



CREATE LASER FOCUS:
On demand

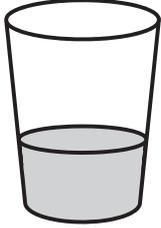


HAVING BOUNDLESS ENERGY

“ENERGY IS YOUR MOST PRECIOUS COMMODITY”

5 KEYS TO BUILDING YOUR ENERGY

1



WATER:

Drink more water. Water is needed for cleansing the body and boosting energy. When you have low energy, it probably means you are dehydrated. Aim to drink half your body weight in ounces of water per day.

2



SLEEP:

Sleep recharges your batteries. To give your body a “full charge,” you need 7-8 hours of sleep each night. If you feel the need to nap, limit it to 15-20 minutes.

3



GREEN FOODS:

Chlorophyll is the number one nutrient for energy. Foods high in chlorophyll include green foods like wheatgrass, spirulina/chlorella, kale, spinach, and broccoli. These foods are extremely effective for improving and sustaining energy levels.

4



MOVEMENT:

Movement creates energy and can change your sluggish, low-productive state in a matter of seconds. Regardless of how busy your day is, plan for at least 10-15 minutes of some form movement.

5



NO STIMULANTS:

Energy does not come from stimulants such as soda pop, coffee, energy drinks, sugary beverages, supplements, or drugs. These items only treat the symptoms temporarily but do not treat the underlying problem. Find true sources of energy that don't come from a can, bottle or pill such as sunlight, movement, green foods, and a positive mindset.

ENERGY SCALE



COOKED



LETHARGIC



CAFFEINATED



DYNAMIC



ON FIRE

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