ENERGY 101
HOW TO GIVE YOUR SOUL THE ENERGY IT NEEDS TO LIVE YOUR GREATEST LIFE
Energy 101: How to give your soul the energy it needs to live your greatest life.

1. Energize
   - Soul
   - Mitochondria

2. Iconoclastic Commitment
   - Exceptional new role
   - Vision
   - Courage
   - Exemplar

3. Rule #1
   - Energy is there

4. Optimus You
   - Energizers vs. Energivores
   - 80/20 rule

5. Eat
   - Sugar

6. Move
   - Healthy movement
   - Exercise

7. Sleep
   - And Zambonis
   - Energetic and alert?

8. Breathe & Meditate
   - Energized
   - Tranquility

9. Oscillate
   - Make waves
   - Match energy
   - Boundaries or burnout

10. Dominate
    - Conquering digital addiction
    - Approach and win
    - Mastery of micromoments

11. Energy Algorithms
    - #1 Start
    - #1 Stop

Optimize.me
ENERGY 101
ENERGIA = SOUL'S ENGINE = MITOCHONDRIA
THE WORKSHEET

THE CAPACITY TO SHOW UP - HOW'S YOUR ENERGY?

WORK

LOVE

DURING THE COURSE OF YOUR DAY?
WHAT ARE YOU HERE TO DO AS AN EXCEPTIONAL HERO?

1. WHAT'S ONE VISION YOU HAVE FOR CHANGE IN THE WORLD?

2. DO YOU HAVE THE COURAGE TO BE DIFFERENT?

3. I AM AN EXEMPLAR BECAUSE I...

FOR TRUSTWORTHINESS & INTEGRITY
Rule #1: Energy Is There

1. Are you putting yourself under a tin roof?

2. What are the muddy, tiny little things you're doing that you know are covering up your golden essence?

3. What can you do today to eliminate one of those little things from your life?

4. Is your soil (environment) helping you flourish?
Optimus You + Energizers vs. Marginal Energizers + Gifts
The Worksheet

If I Had No Fear...

I Would...

1
2
3
4
5
6
7
8
9
10
11

See it
Believe it
Do it

What's 1 thing you can start right now?

Optimize Me
EAT
THE WORKSHEET

my Food INVENTORY

1. HOW CAN YOU ELIMINATE OR AT LEAST REDUCE THOSE?

2. WHICH TANK DO YOU USE? WHAT NEEDS WORK?

SHORT-TERM FUEL-TANK
LONG-TERM FUEL-TANK
SUGAR
FAT

3. WHAT NEEDS TO GO?
MOVE
THE WORKSHEET

1. Check in on your exercise - doing good?

2. On the move or sedentary - how are you doing?

3. How can you build in more movement into your day?

4. What about your training equation?

MOVEMENT

EXERCISE

WORK

RECOVERY
1. What does your best sleep look like? How can you set up an environment to support this?

2. What distracts you? How can you control these? (Bookend your days; shutdown complete?)
1. How can you make breathing a practice?

2. How can you make meditation a consistent habit?
1. What does your "truly on" high energy state look like?

2. What does your "truly off" recovery look like?

3. Plan your day:
   - Match your energy to your task and plan accordingly
   - One work burst at 50 min
   - Take real breaks for 15-20 min
   - How do you recover?

4. What are your boundaries?
   - End of day
   - Use of technology...

Energy 101
Oscillate + Make Waves + Match Energy + Boundaries or Burnout
The Worksheet

Timeline
1. What barriers are you setting up to dominate your technology?

2. How do you dominate your life?

3. What challenges do you need to approach?

4. How will you work on your microtransactions?
INSTALL YOUR ENERGYALGORITHMS

1. #1 THING TO START DOING.

2. #1 THING TO STOP DOING.
What's your biggest idea?

Recap in your own words or visuals

> Share with someone