



Energy Transformation Starter Kit

3 Ways to Double Your
Energy Today!

Galvanized by Design Whole Life Coaching

ENJOY THESE NO-COST STEPS THAT YOU CAN USE RIGHT NOW TO GENERATE MORE ENERGY IN YOUR BODY.

You know that feeling of waking up after a full night's sleep soooooo tired and sluggish that the very THOUGHT of getting out of bed makes you want to spend all day in "Club Comforter" and watch endless episodes of your favorite binge TV?

Me too!

I used to struggle with my energy, just like you.

But after years of research, education and a little bit of trial and error, I discovered a simple system to double my energy. I call it The Total Energy Transformation.

I'm sharing 3 simple steps from that system with you right now, so you can start doubling your energy—easily—TODAY.

These are simple, no-cost steps that you can use RIGHT NOW to generate more energy in your body.

First let's start by breaking up your day into bite-size pieces and spreading out your **energy boosting activities** like this:

- Easy Energy Booster #1: As soon as you wake up
- Easy Energy Booster #2: After lunch
- Easy Energy Booster #3: At the end of your work day

Now, let's dive deeper into each energy boosting activity to help you achieve your own: *TOTAL ENERGY TRANSFORMATION*

EASY ENERGY BOOSTER #1

- DO THIS AS SOON AS YOU WAKE UP

"Toss It Back!"

Life gets crazy, and sometimes we get a terrible night's sleep.

It's hard to wake up refreshed, calm and energetic when your baby is cutting teeth, the neighbors are partying on a Tuesday, or your mind just won't let go of the day.

No matter what your night's sleep was like, do yourself a service and jumpstart your energy to reset your system first thing in the morning.

I call it "tossing it back". Here's how to do it:

- Before you go to bed, set a full 20-ounce glass of water next to your bathroom sink
- After you wake up, brush your teeth, relieve yourself (before the kids wake up to talk at you through the door), and TOSS BACK that whole 20 oz glass of water.

(If leaving the water in the bathroom triggers any anxiety, put it on your bedside table, or the first place you go when you wake.)

Pretty simple, right?

Why is tossing back a big ol' glass of water an effective way to jump start your energy?

Hydration!

Water hydrates your entire system, which is vital for your cell, tissue, and organ regeneration. By keeping your blood at the right consistency, it helps deliver oxygen to your muscles, which immediately boosts your body's energy

Helps you poop!

Drinking enough water helps you have healthy bowel movements, which is an indicator of overall health.

Hydration keeps the enzymes and bacteria in your digestive tract running smoothly and this helps get your bowels moving. A healthy digestive tract also means that your body is absorbing the nutrients from your food more effectively.

Getting into the habit of eliminating waste first thing in the morning will prevent toxins from being absorbed into your system throughout the day and give you an instant energy boost.

EASY ENERGY BOOSTER #2

DO IT AFTER LUNCH

"Get Fresh!"

Many of us spend our entire day inside an artificial environment - the office, at home, in our cars, in stores - all of which are supported with air conditioning and fluorescent lights that literally zap our life force.

If you find you spend most of time indoors and in artificial environments, let's do an experiment. Even if you do spend time out-doors daily, let's do an experiment as well. The trick here is build your habit of being outdoors,

feeling the benefits, and to practice clearing your mind and being *present*. Clean air and being in nature are restorative to every body.

Leave your phone and "to-do" list *anywhere* else and walk out of your office building or your house with the *intention* to clear your mind and absorb clean, green energy.

Some ideas are taking a walk around the block, finding a park to walk through, or taking a quick stroll down a street lined with trees. I'm talking fresh air and preferably sunshine (but rain offers very fun opportunities and stress relief as well). Be wholeheartedly **IN** the natural elements - whatever they are - and **KNOW** this is your time to unload stress, even if only for ten minutes!

Hack 1: If leaving the office is out of the question, find an window and make time for you to absorb nature - visually and spiritually. Even a few minutes a day will truly unload lots of stress which will surprise you with the energy that creates in each of us.

Hack 2: Bring a live plant, potted in real soil, and sit by it. Breathe with it for 10 minutes. Practice feeling the restoration of in silence.

Your colleagues may think you've really lost it this time and may start planning an intervention, but you will be doing yourself and everyone you work with or care for a huge favor by recharging your energy and giving your mood a boost! And, you never know when your "crazy" may inspire someone else to be better versions of themselves! That has to feel good, no?

Try it for 10 minutes TODAY and I bet you will feel refreshed, revitalized, and energized.

Real Life Evidence: As noted in Time Magazine in the article: 'Forest Bathing' Is Great For Your Health'. Here's How to Do It."1 the act of Forest Bathing, or "Shinrin-Yoku" in Japanese, means "quiet walking among the trees" and refers to the boost of energy that we as humans receive from nature. This arrives in the form of fresh air, sunshine, momentary release and relaxation from our work activities (also shown to offer extreme creative boosts), AND nature gives us phytoncides (wood essential oils) which induce relaxation and energy boosts. Outside is not the enemy to progress. In fact, it may be the key to progress.

EASY ENERGY BOOSTER #3

DO IT AT THE END OF YOUR WORK DAY

"Dance Party!"

This one is really fun and is designed to give you that oomph to make it through the night after a long day's work. Ready?

Find your favorite song or of any kind of music that makes you want to get up and move.

Find some private space either in your car on the way home from work or the laundry room while the kids are busy with homework.

Plug your earphones in and boogie like crazy to your favorite song. The trick here is to really give yourself permission to **LET GO**.

¹ Li, Qing (2018) Time Magazine. 'Forest Bathing' Is Great for Your Health. Here's How to Do It. Accessed via: <https://time.com/5259602/japanese-forest-bathing/>

You know the adage, “Dance like nobody’s watching?” Do it and feel the RUSH of energy surge through your body.

In no time you will be happily attacking the boring household chores with renewed vigor and reading your kids a bedtime story for the millionth time as though it were your first time.

Also, think: “motion creates emotion”. Movement releases all kinds of good chemicals in the brain that boost our energy levels. So get to shaking it, Mama!

RECAP!

These **3 EASY WAYS** to double your energy today are taken straight from my health coaching program–The Tough Mother Total Transformation.

They are fast, simple, no-cost, and you can start these habits TODAY!

Easy Energy Booster # 1:

Do it as soon as you wake up

“TOSS IT BACK” – HYDRATING THE EASY WAY

Easy Energy Booster # 2:

Do it after lunch

“GET FRESH” – GETTING FRESH AIR

Easy Energy Booster # 3:

Do it at the end of your work day

“DANCE PARTY” – ENERGY BOOSTING BODY BOOGIE

These strategies may seem simplistic, but simple does not mean stupid. They are just part of the many natural strategies you can use to boost your energy.

READY TO LEARN MORE ABOUT EASY WAYS TO BOOST YOUR ENERGY?

I've helped mamas like you transform their energy levels, so they can:

- Eliminate the sugar and caffeine cycle many use to boost energy artificially.
- Feel more fulfillment in their lives.
- Experience more energy, and enjoyment of food, their bodies, and their lives
- Feel more fulfillment, joy, and a profound satisfaction that emanates into all corners of their lives

Think of all you could do with the right system in place to make lasting habit changes.

Think of how you could serve yourself and others better with more energy?

Would you like to experience these results and more, too?

I can help you achieve that, even if nothing else you've tried has worked.

It's YOUR time!

That's why I'm excited to invite you to a private, 1-1 "Double Your Energy Total Transformation Breakthrough Session" with me!

DOUBLE YOUR ENERGY TOTAL TRANSFORMATION BREAKTHROUGH SESSION

But, what is it?

This session is going to be your most productive chat ever. In this complimentary 60-minute session, I'm going to lead you through a process to help you:

- Uncover what's been stopping you, slowing you down, or keeping you from having the energy you want
- Develop a powerful vision for what doubling your energy will mean for you and your life
- Discover which foods and lifestyle habits sap your energy... and what to do about it
- Get crystal clear on a step-by-step plan to double your energy in 90 days or less

I typically charge \$97 for these sessions, but because you're here, this session is my gift to you.

All you have to do is show up for yourself.

Invest 60 minutes of your time, and I guarantee you will walk away with at least one major "aha" about why you are stuck and how to get unstuck.

Click [here](#) now to secure your complimentary "Double Your Energy Breakthrough Session".

This invitation is only valid while there are spots in my calendar. Spots do fill quickly, so if this is something that's calling to you, then take the leap. You have nothing to lose and lots of ENERGY to gain!

Here's to doubling your energy now,

- PS—If you're ready to uncover what's been stopping you, slowing you down or keeping you from having the energy you want, then NOW is the perfect time to schedule a private "Double Your Energy Breakthrough Session" with me.

I'll help you discover which foods and lifestyle habits are sapping your energy... and what to do about it.

Plus I'll show you how to get crystal clear on a step-by-step plan to double your energy in 90 days or less.

Contact me now to secure your complimentary session (normally a \$97 value)

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I can't wait to guide you through your own *Total Energy Transformation!*

In light and love,

Lori

Health and Life Performance Coach