

ENERGY++

HOW TO SUPERCHARGE YOUR BODY TO GET MORE DONE



Energy++: Cheat Sheet

Now you better understand the ebbs and flows of energy throughout your body, you should be ready to start managing it throughout the day and ensuring you always have enough energy to do the things that *you* want to do, when you want to do them.

We've gone through the theory, now it's time for practice! This cheat sheet lays out everything you need to do, remember and consider and will help you go from tired and lethargic, to firing on all cylinders.

Recognize: Energy is Finite

We start in the book by discussing something you need to recognize when it comes to your energy: it is finite. That means you don't need to only think about time management. Just because you have time to do something, that doesn't mean that you can or *will* do it. What's equally important is your energy and if you come home from work completely drained, that means you're not going to be able to work out or to start writing a novel!

Manage Your Energy

So how do you get more energy to do the things you need or want to do?

Simple: you cut out things that sap energy from your routine.

This includes:

- Commuting – Can you do a car share? Or perhaps go into work an hour earlier or an hour later so that you skip rush hour?
- Cooking – Can you get a food delivery on a regular basis? This will help you to spend less time in the kitchen. Make sure it's a healthy one!
- Washing Up – Get a dishwasher and machine-washable pots and pans.
- Cleaning – Invest in a cleaner. Likewise, consider a robotic vacuum cleaner.
- Shopping – Set up a standing order.
- Calls – Learn to multitask. If you spend a lot of time making calls, do it when you would have been busy otherwise.
- Decisions – Decision fatigue is real. Combat it by spending less time on decisions that really don't matter – like what to wear.
- Travel – While commuting might be necessary, you can cut down other types of travel by finding a nearer gym (making a home one), by working from home some days, by finding a more local shop or by buying things in bulk.

If this doesn't free up enough energy for you, then you might have to consider cutting out something. This might mean spending less time with friends, or it might mean quitting a class after work.

If you want to add something in, something has to go!

Sleep Better

The biggest way to boost your energy levels is to sleep better. This will help you to quickly enhance your energy levels as well as to improve your overall health.

To start sleeping better, there are numerous things you can do.

A good starting point, is to go to bed earlier and try to maintain a consistent routine for going to bed and waking up. The body works based on rhythms and recognizing this is an excellent way to ensure you're able to operate on full steam when you need to.

Another tip is to regulate your temperature. Have a warm bath and then keep the room slightly cool when you're sleeping. Use the right cognitive script to help yourself feel calm and try to avoid lights and screens just before bed!

Diet

Diet is one of the key things that will improve your energy levels. The minute you start eating a more nutritious diet, you will begin to provide yourself with more of the neurotransmitters you need to stay awake, more of the protein you need to maintain your tissue, more of the vitamins and minerals that protect and enhance your immune system... etc.

The good news is that it is super easy to add some extra energy to your diet by just getting a smoothie in there once a day – or even a multivitamin and mineral tablet.

Also important is to avoid 'empty calories' and particularly processed, simple carbs. Sausage rolls, crisps, chocolates, chips... these have no place in your diet except as an occasional treat.

For starters, these foods spike your blood sugar and precede an immediate crash. Then there's the fact that they don't offer *any* useful nutrients.

Consume complex carbs and healthy fats that will provide a steady flow of energy throughout the day.

Exercise

Now you need to introduce exercise to your routine. This will boost the performance of your mitochondria, your circulation and plenty more to do with energy levels.

The key is to start an exercise regime you're likely to be able to stick to. Don't be too ambitious if you're already struggling with low energy!

And think about the easy ways you can fit exercise into your routine by reducing travel to a gym or by working out *before* your shower (so that your workout doesn't mean you have to have an extra shower every day!).

A great way to train is to use a simple circuit of a few exercises. In the book, we discuss the QUICK routine, which uses:

- Pull Ups
- Push Ups/Ring Dips
- Squats/Tuck Jumps

This is enough to train the entire body and you can perform it in a quick sequence with a minute break in between each one. It will only take ten minutes, will work the entire body and will burn fat and improve your fitness in the process!

Give Yourself an Energy Boost!

There are plenty of things you can do to give yourself a quick energy boost when you need one:

- Move around
- Splash cold water on your face
- Go outside in the sun and get some vitamin D
- Listen to some loud music
- Eat a good energy source like a banana
- Stand in a 'power position' to release some testosterone
- Prime your mood by watching an action scene or something else that works you up
- Put yourself in a richer and more interesting environment
- Remind yourself why what you're doing matters

Now you have all the tools, all the knowledge and all the steps. Time to supercharge your energy levels!