

## 30 DAYS TO MORE ENERGY AND MENTAL CLARITY

Burnout is when the Body does not have fuel to power the Brain and the lizard – or survival – brain takes over. We become reactionary; the rational brain rides in the backseat and, typically, no amount of backseat-driving ensures that it will be heard up front. Under these conditions, we often experience fight, flight or freeze.

Write your “tell signs” that you are sliding into lizard brain or short- or long-term burnout into:

As little as 10 minutes can improve the power supply to your brain.


### *What are you willing to commit to doing over the next 30 days to increase your energy and mental clarity?*

Here’s a list of ideas to get you going:

- 3-Days of Protein, and then sustaining sufficient protein intake for the rest of the 30 day challenge
- Daily 10 minute walks – *it takes 20 days to notice an effect*
- Moving your body (in any way) for 10 minutes a day – *it takes 20 days to notice an effect*
- Going to bed at the same time every night and waking up at the same time every morning – *it takes 7 days to notice an effect*
- Getting 7-8 hours of sleep on a regular basis – *it takes 7 days to notice an effect*
- Turning off all electronics (phone, TV, tablets, etc.) 1 hour before bedtime – *it takes 7 days to notice an effect*
- Reducing alcohol consumption to less than 5 servings/week – *when dealing with high levels of stress, eliminate alcohol altogether*
- 10 minutes of mindfulness (breathing, body scan, naming colors, etc.) – *you’ll effects immediately*
- Write down 3 things you are grateful for each day – *it takes 7 days to notice an effect*

Check off a few that you can commit to doing, then keep track of how you feel on the back side of this page.



	<p><b>Rate your energy level before and after the experiment.</b> How do you feel?</p>	<p><b>BEFORE THE EXPERIMENT</b></p> <p>1   _____   10 Empty Full</p>	<p><b>AFFTER THE EXPERIMENT</b></p> <p>1   _____   10 Empty Full</p>
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**What are you committing to do to support your energy and mental clarity?**

<i>Start date</i>	<i>Committed Activity</i>	<b>Energy Level (1-10)</b>	<b>How is more energy and mental clarity showing up in your life?</b>
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			
Day 15			
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			
Day 21			
Day 22			
Day 23			
Day 24			
Day 25			
Day 26			
Day 27			
Day 28			
Day 29			
Day 30			

