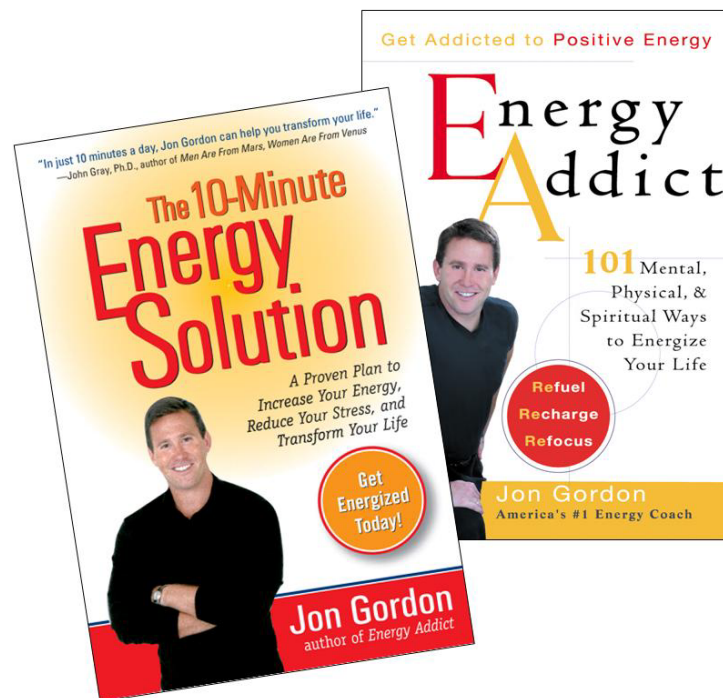


Jon Gordon

America's #1 Energy Coach

Jon Gordon's 7-Day Energy Booster



By Jon Gordon, author of:
The 10-Minute Energy Solution:
A Proven Plan to Increase Your Energy, Reduce Your Stress, and Transform Your Life
&
Energy Addict: 101 Mental, Physical, and Spiritual Ways to Energize Your Life

A Simple 7-Day Plan to Increase Energy, Focus and Success

The Power of a Plan

You create your life every day and where *you* apply your energy depends on what you want to create. You, and only you, are in control of the actions you take and the choices you make. The purpose of having a plan is to help you make choices, decide where to focus your energy, incorporate positive rituals, routines and habits into your life and turn chaos into concrete. Chaos is often the result when you allow your energy to be wasted and scattered. Concrete results when you create a plan, focus your mind and actions, follow the plan and create your life.

It all starts with the simple act of writing your plan. When you sit down and put your ideas on paper, you transform your scattered thoughts into the powerful force of the written word. Your plan will give you direction a week from now when you feel lost. It will motivate you a month from now when you want to give up. It will help you organize your life today and remind you of your commitment tomorrow.

Once you create your plan you must incorporate it into your life. It is a living and breathing document that can be seen, held, posted, downloaded, read, organized and taken anywhere. It is your life on paper. When you create your plan, you tell yourself and the world who you are, where you are going and how you will get there. You set the wheels of change in motion and transform chaos into a plan and a plan into reality. At first, your plan is a collection of everything you think, say and do. Eventually your plan is who you are.

As you begin to live your plan, keep in mind that some habits may be easier to incorporate into your life than others. Don't get discouraged if this happens. It is normal. You are changing your life and that is no small, easy task. Just keep on course and stay consistent. Track your results and monitor your progress. Don't read ahead and try to do the plan all at once. Take it slow. Doing one positive action every day is better than trying to do too much too soon. Remember, life is about the little things. Small changes yield big results.

Practice Energy Building

This plan consists of 7 strategies to increase your energy. Each day you will be introduced to a new strategy. You should use the first strategy on the first day and then continue using it for all 7 days. For example, you will start by eating breakfast on Day 1, then continue eating breakfast for the duration of the plan. On Day 2 you will incorporate the thank you walk and continue this practice for the duration of the plan. Each day you will incorporate a new energy increasing strategy. Then you will continue this strategy, at the very least until you are finished with the plan, and at the most for the rest of your life.

My goal is that after 7 days you will see a measurable increase in your energy level. By adding a new strategy each day and continuing to utilize this strategy, you are doing what I call “energy building”—building or creating your life one power source at a time. Even if you just eat breakfast, drink water and get more sleep, you will notice an increase in energy. However, imagine what your energy level will be like if you build your life with 7 different energy increasing, energy maximizing, and energy focusing strategies.

When you complete this 7 day plan, you should continue to incorporate these strategies into your daily life. They have made a difference in my life and I believe they will make a difference in yours. Yes these strategies may be simple and seem basic, but remember it’s the little habits we do each day that create our lives. America is experiencing a personal energy crisis because we are not doing the simple things. We are not eating breakfast. We are not exercising and we are not sleeping. If you use this plan to create an energy foundation of simple, powerful habits you’ll be amazed at the difference it produces in your energy level. Try this energy experiment and feel the results for yourself. When you are finished I would love to hear from you. I can be emailed at jon@jongordon.com. Also, feel free to contact me with any questions, concerns or comments.

Sending Positive Energy Your Way!



Day 1

Eat Breakfast

One of the simplest things you can do to increase your energy during the day is to eat breakfast. Indeed Mom was right. When you eat breakfast you activate your thermic switch to burn fat and produce energy throughout the day. Studies show that if you eat breakfast you are more alert and you perform better at work. Breakfast eaters also show less fatigue and are usually leaner than those who skip breakfast.

Action Steps

- Plan. Decide what you are going to eat for breakfast the night before so when you wake up tired and sluggish you already have a clear plan of action.
- Make time for breakfast. Get up 10 minutes earlier. All it takes is a few more minutes in the morning to increase your energy and productivity. It's worth it.
- Make it healthy. Pop-tarts and high sugar cereals don't count. You might as well eat a candy bar. Instead, eat foods high in fiber, high in protein and low in fat. Here are a few examples of an energizing breakfast:
 1. Oatmeal with low-fat milk, raisins and a piece of fruit.
 2. Whole grain bread with low-fat cream cheese and a piece of fruit.
 3. Whole wheat toast with peanut butter and a piece of fruit.
 4. My favorite breakfast is a bowl filled with ½ cup of low-fat plain yogurt, an apple chopped into quarter size pieces, low-fat granola, chopped walnuts (great source of omega 3 essential fatty acids), and raisins.
 5. 2 or 3 eggs(hard boiled if you are busy) and a piece of fruit.
 6. Have an **Energy Cocktail**: (*Great as an afternoon snack or for breakfast*)

Ingredients:

1 banana
1 cup blueberries (organic fresh or frozen)
1 tbsp ground flax seeds or ¼ cup crushed walnuts
1/2 scoop whey
1 cup Soy Milk
1 cup of Ice
1 scoop of Greens

**I recommend Enzymatic Therapy Earth Promise Greens. (You can purchase these at a health food store or visit tastelife.enzy.com for details and to request a free sample).*

Directions:

Blend in a blender or Vitamixer



- Use the weekly planner below to help you plan your breakfast meals. Add this schedule to your daily planner or PDA.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							

- In addition to a healthy breakfast, I also recommend starting your day by building a solid nutritional foundation. One great way to do this is with the *Fatigued to Fantastic Energy Revitalization System* from Enzymatic Therapy, which can replace your current multivitamin. One delicious glass provides the benefits of over 50 vitamins and nutrients. Visit vitality.enzy.com to request a free sample.

Affirmation (Say this each morning when you wake up)

Today I eat breakfast to increase my physical and mental energy. Eating breakfast provides me with the energy to live and work at peak performance.

Day 2

Take a 10-Minute Thank You Walk in the Morning

It's simple. It's powerful. And it's a great way to kick off your week of increased energy, happiness and success.

Why it works:

When you are thankful it's physiologically impossible to be stressed. By being thankful you activate the part of your brain associated with positive emotions and you deactivate your amygdala, the part of your brain that ignites fear and stress. Walking is a powerful mental and physical energizer. When you walk you produce endorphins and flood your brain with happy neurotransmitters such as serotonin and dopamine which make you feel happier and more energized. So the thank you walk helps you decrease the stress that zaps your energy and causes the release of hormones and neurotransmitters that boost your energy.

How to do it:

- Today schedule your 10 minute thank you walk. Schedule your time now _____.
 - Write down what you are thankful for. Family, kids, your garden, the fact that you have a job, health, that you can walk, hear, etc.
-
-
-

- Before you walk, stretch and clear your mind.
- Simply start walking and say what you are thankful for. For example, I say "I'm thankful that I am able to walk. I'm thankful that I am healthy. I'm thankful that I have a wife and children who love me. I'm thankful that I live near the beach."
- While you're walking, as various thoughts (besides your thankful thoughts) pop into your head, don't fight them. Just notice your thoughts and let them flow in and flow out.
- Re-focus on being thankful. Feel thankful and this feeling will elevate your step and your mood.
- When you are done walking, stretch. Make a mental note of how you feel.

Remember to consult with your doctor before beginning any exercise routine.

Day 3

Recharge Your Batteries with More Sleep

Research by Professor James B. Maas, a professor of psychology at Cornell University shows that if you get less than eight hours of sleep a night, you are operating impaired-- your alertness, productivity creativity and general health are all affected. Maas explains that a third of all Americans get six hours of sleep a night or less when they should be getting nine or 10. Indeed, to many, it seems that sleep is extremely underrated. The fact is, we need to sleep in order to re-energize our bodies. Sleep can not be replaced. Studies show that without sleep you are prone to more accidents, mistakes and fatigue.

Action Steps

- ❑ Decide what time you need to go to bed to get at least seven to eight hours of sleep a night or until you feel rested.
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- ❑ In your daily planner, write down that time and make sure you are in bed 10 minutes prior. Note that you might find it difficult to fall asleep the first few nights. Just keep in mind that you are training yourself and your body.
 - ❑ To help you go to sleep, avoid sugars and caffeine before bed, eat a snack if you are hungry, exercise during the day, clear your mind and say to yourself, "It's time to go to bed. I deserve to sleep."
 - ❑ Stick to your planner and go to bed each night at that time. Eventually you will get used to going to bed at that time.
 - ❑ Observe your energy in the morning and throughout the day as you get more sleep each night.

Affirmation (Say this at night before bedtime)

Getting enough sleep is a key ingredient to my health, energy and success. I make it a priority to recharge my batteries with plenty of sleep.

Day 4

Drink Water

Scientific research tells us that a lack of water consumption leads to fatigue and headaches. Water is the fuel your body and brain needs to survive and thrive. So fuel up with water and fuel up often.

Action Steps

- ❑ Drink at least 8 cups of water a day.
- ❑ Sip water every thirty minutes. According to research, each sip you take sends a clear and immediate signal to your brain to increase alertness and energy.
- ❑ Drink water instead of soda.
- ❑ When you are working out make sure you sip water to stay hydrated.
- ❑ Keep a water bottle or cup of water at your desk if you work in an office.
- ❑ If you travel a lot carry a water bottle with you on the road.
- ❑ If you feel hungry, try drinking water first. Sometimes we think we are hungry when in reality we are thirsty. Many times after you drink water your hunger subsides.
- ❑ When you wake up in the morning, drink water. This will help you replenish the water you used while sleeping.
- ❑ Check out my favorite water, www.pentawater.com. It goes through an 11-step purification process and it completely energizes me. They also have a great hydration calculator to help you determine how much water you should drink daily based on your weight and physical habits.
- ❑ Make your water a Whole Food. Mixing your water with greens is a great way to not only turn your water into a whole foods powerhouse but also the added flavor can help those who don't like the taste of water alone. I recommend Earth's Promise Greens, you can learn more about them and request a free sample at tastelife.enzy.com.

Affirmation: (Say this daily)

I drink water to provide my mind and body with the fuel it needs and craves. With each sip of water I increase my alertness and energy. Drinking water helps me live and work at peak performance.

Day 5

Eat Healthy Energizing Snacks

According to Dan Benardot, Ph.D., R.D., Associate Dean of Research for the College of Health and Human Sciences at Georgia State University, we should eat approximately every three hours to stay satiated and energized. Studies show if you have moderately-sized meals plus small between-meal snacks, you increase your levels of energy and alertness. Without healthy snacks your blood sugar falls and you experience fatigue and tension. Here are a few of my family's favorite snacks:

1. A smoothie made with fresh fruit, yogurt, protein powder and ice.
2. A handful of raisins and nuts.
3. Whole grain bread with a piece of cheese.
4. Vegetarian chili or soup.
5. A piece of fruit.
6. Whole wheat crackers with peanut butter.
7. Hummus, pita bread and vegetables.
8. Celery and almond butter.
9. See my *Energy Cocktail* recipe in the Breakfast section from Day 1.

Action Steps

- Plan your meals and snacks the night before. If you do not plan your snacks before you get hungry, you will likely make poor food choices.
- Bring a bag of nuts and raisins to work with you.
- When you are traveling, bring healthy snacks.
- When you feel your energy crashing in the afternoon, eat a healthy snack to help you stay alert and focused until dinner time.
- Eat raisins and nuts instead of chips and cookies.
- Buy a fruit bowl for your office or home.

Affirmation (Say this daily)

I eat snacks that fuel my body and mind with great sources of energy. I eat snacks that help me work more productively in the afternoon.

Day 6

Breathe In Energy

One of the most simple and powerful ways to increase your energy is to breathe. We all do it, but sometimes we forget to do it right. When you get stressed, research shows you take shorter breaths and less oxygen reaches your lungs. This means less oxygen in your brain and body and less energy for you. So, as you work, shop, clean, run errands, do the laundry, get together with friends, make time for family and attack your to-do list, remember to simply breathe. Monitor yourself and ask, “Am I stressed? Am I breathing?” Each time you feel yourself getting stressed, focus on your breathing. Learn how to take deep, energizing breaths and use this technique when you find yourself getting stressed.

Action Steps

- Practice your energizer breath now.
 - Step 1 Get Comfortable. Loosen your shoulders and neck.
 - Step 2 Exhale completely.
 - Step 3 Inhale through your nose for a silent count of 4.
 - Step 4 Hold your breath for a few seconds.
 - Step 5 Exhale through your mouth for a silent count of 4 (focus on your breathing).
 - Step 6 Repeat 5 to 10 times (imagine each breath fueling you with energy).
 - Step 7 Repeat Steps 1-6 as necessary

- Practice your energizer breath three times a day --when you wake up, after lunch and once after dinner.

- When you find yourself getting stressed, just start focusing on your breathing.

- Tap the Power of Silent Energy with my Silent Energy Audio CD. Visit www.JonGordon.com for details.

Affirmation (Say this daily)

Whenever I feel myself getting stressed I remember to use my energizing breath to restore my energy. With each energizing breath I breathe in energy and I breathe out today's worries. With each breath I become a powerful centered and focused force in the world.

Day 7

Focus Your Thoughts, Words and Actions

Whether it's putting your life's purpose into action or achieving a goal, remember that life is the result of your thoughts, words, choices and actions. To create what you want in your life, you must first focus your thoughts and words on the very things you want to create. While much of this plan has outlined specific rituals for you to follow, the purpose of this part of the plan is to help you create your own rituals.

The key is to think about what you want, then believe that what you want has already happened. Perhaps it's a better relationship or a more successful career. The more you believe it has already happened, the stronger the energy you project. You become a magnet and attract other energies in the form of money, people, opportunities, and tools that turn your beliefs into reality. While you're taking action, continue to review your rituals and say your affirmations. When you focus your thoughts, words and actions, you focus your energy to create results.

- Identify five goals that you want to achieve. For example you might write, "Get healthy and fit."
 1. _____ 2. _____
 3. _____ 4. _____
 5. _____

- Write down five affirmations that are based on your goals listed above. Write these affirmations in the present tense. Example: "I am healthy and fit."

Affirmation	✓
1.	
2.	
3.	
4.	
5.	

- Focus on these affirmations. Visualize them happening in your mind. Believe that they have already happened. Focus. Believe. Project. Receive.
- Tape these affirmations to your bathroom mirror. Jot them down on a piece of paper and carry it with you.
- Say each affirmation with conviction in the morning before and after you shower. Say these affirmations throughout the day and before you go to bed.

- Now use the *Power of Focus and Rituals* to help you create. To do this, focus on the actions you need to take to help you turn your goals and affirmations into reality. For example, if your affirmation is “I am healthy and fit,” one of your rituals might be to exercise. Your action could be, “Walk every Monday, Wednesday and Friday at 7am for 30 minutes.” Write your rituals below.

Ritual	Action	Time(s)	Days
1.			
2.			
3.			
4.			
5.			

□ **Take Action.**

This concludes your 7-Day Energy Booster. Please email me at Jon@JonGordon.com with your thoughts and progress as a result of this plan. Do you feel more energized?

I’m here to help you in any way I can. I want you to think of me as your Energy Coach and I encourage you to email or call me at any time. Either me or one of my trusted Energy Coaches are available 24/7 to guide you as you transform your life for more happiness, success, and energy!

Best wishes and stay energized!

-Jon

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Additional Resources to Help You Get Energized Today!

- Sign up for my free weekly email energy tip at www.JonGordon.com
- Sign up for a free 30-day trial of my Energy Mastery Program. Visit www.EnergyMasteryProgram.com for details.
- Receive a free sample of **Enzymatic Therapy’s Earth’s Promise Greens** or a \$3 Off coupon. Visit tastelife.enzy.com to request a free sample.
- Receive a free sample of **Enzymatic Therapy’s Fatigued to Fantastic Energy Revitalization System**. Visit vitality.enzy.com to request a free sample.

