



ENERGY MANAGEMENT

with Laura Erdman-Luntz, MA, Life Coach

How will your life change when you have more energy & focus?

Part I: Using your day more efficiently

How can you take advantage of your individual Circadian Rhythm?:

What can you do to honor your Ultradian Rhythm?:

Notes:

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Part II: Using your brain more efficiently

Two things to remember about how your brain functions:

1. Your brain cycles down every _____ to _____ minutes.
2. You have a limited amount of _____

Three things to know about your Pre-Frontal Cortex (PFC).

1. The PFC has very little _____
2. Once the energy is used up, you can no longer _____ without engaging the _____

NOTES:

Part III: Lifestyle Changes

Check the one you feel you need to work on most:

- ☐ Supporting the brain
- ☐ Building energy
- ☐ Handling stress
- ☐ Better sleep

Number one most potent supplement: _____

Notes:

Supporting the Brain:

Notes:

Products:

Supplements:

- ☐ Ningxia Nitro

☐ Mindwise

☐ OmegaGize

Oils:

☐ Brain Power

☐ Peppermint

☐ Clarity

Building Your Energy:

Notes:

Products:

Supplements:

☐ Ningxia Red + Ningxia Nitro

☐ MultiGreens

Oils:

☐ Peppermint

☐ En R Gee

Handle Stress Better:

Notes:

Products:

Supplements:

☐ ImmuPro

☐ AlkaLime

Oils:

☐ Lavender

☐ Valerian

☐ RutaVaLa

☐ StressAway

Get Better Sleep:

Notes:

Products:

Supplements:

☐ Sleep Essence

☐ ImmuPro

Oils:

☐ Lavender

☐ Valerian

☐ RutaVaLa

☐ StressAway

Part III: Action Plan

Here is what I will implement Month 1:

Actions	Products

Here is what I will implement Month 2:

Actions	Products

Here is what I will implement Month 3:

Actions	Products

Taking these actions will help me feel:

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