
Webinar Wednesday

How to 10X your daily energy level

Your host: Rick Copley, Empower Coaching and Mentoring



empowercoaching.me

Goal of tonight's presentation

Tonight I want to equip you with the tools necessary to increase your energy levels upwards of 1000% to help you live a better and more productive life.

Tomorrow I want you to have more energy than you did today and I want to your life to be better.

HOW DOES THAT SOUND?





What if you 10X your energy level?

**This about this. You have 10X the energy.
What do you do with all that energy?**

- **Be a better parent? Spouse?**
- **Earn more money?**
- **Be healthier?**
- **Enjoy your spare time?**
- **Give back more?**
- **WHAT WOULD THIS MEAN TO YOU?**



Are there negative effects of lack of energy?

You know there are!

- **Relationship challenges?**
- **Financial challenges?**
- **Health challenges?**
- **Do you enjoy your space time?**
- **Are you satisfied with how you give back?**
- **WHAT WOULD THIS MEAN TO YOU?**

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So. Can you 10X your energy levels?

YES YOU CAN!



Tip

All good things start with a believe in yourself. If you think you can then you can!

**Let's first talk about the
“Wheels of Wellness”**

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1. Movement
2. Mindset
3. Micronutrition
4. Macronutrition



Tip

Don't do ONE THING.
Increasing your energy is
about changing MANY
habits and maintaining
the change over time!

Why are we lacking energy?

1. Our insides are gummed up with toxins.
2. We lack sleep and recovery.
3. We lack proper vitamins and minerals
4. Our “calories consistency” is off kilter.
5. Our caffination is off.
6. We go through “fads” which just set up back.
7. We allow negative / victim mentality thinking to bring us down.
8. We watch, read and listen to negativity which drives down our energy.
9. We hang out with low energy people which makes us more likely to be low energy.
10. We don't exercise enough.
11. We carry excess body fat.
12. We don't take responsibility for our energy levels.



Tip

Make sure to stay to the end of the presentation! I have some things that could help you with your energy levels!



Tip

Take your time changing your habits be act with INTENTION!

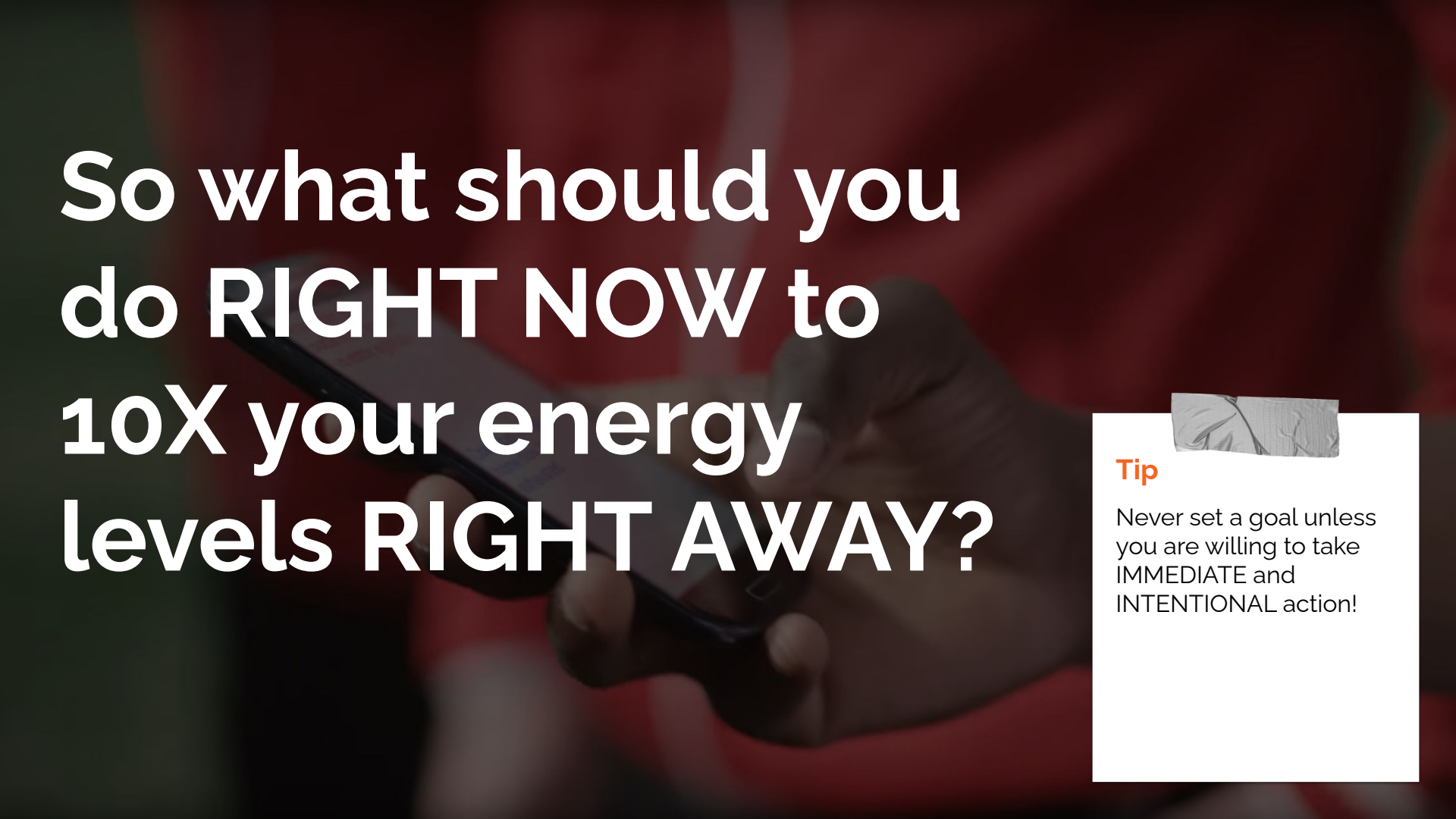
How do we 10X our energy levels?

SIMPLE:

Reverse our habits!

1. Our insides are gummed up with toxins.
2. We lack sleep and recovery.
3. We lack proper vitamins and minerals
4. Our “calories consistency” is off kilter.
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1. Do a Cleanse PLUS less crap in!
2. Focus on better sleep and recovery.
3. Clean up diet and supplement with proper vitamins and minerals
4. Focus on daily macronutrient balance.
5. Have a caffeination routine.
6. Develop HABITS instead of following fads
7. Change our attitude!
8. Lower negativity in our life and focus on personal growth and learning!
9. Hang out with high energy people who have ambition!
10. Exercise with consistency and intention.
11. Institute daily habits that lower our body fat.
12. TAKE RESPONSIBILITY!

A hand holding a smartphone against a dark red background. The text is overlaid on the image.

So what should you
do **RIGHT NOW** to
10X your energy
levels **RIGHT AWAY?**



Tip

Never set a goal unless
you are willing to take
IMMEDIATE and
INTENTIONAL action!

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1. Movement
2. Mindset
3. Micronutrition
4. Macronutrition



Tip

Ask yourself how much having 10X energy will improve your life then look at the 4 wheels of wellness! How can you improve each one a little each day?

What are some habits you can create?

MOVEMENT:

1. Walk every morning
2. Lift weights 2-3 days per week
3. Exercise with intensity 3-4 days per week

MINDSET


1. Read 1 personal growth book per month
2. Practice daily gratitude
3. Change your mindset via daily affirmations

MICRONUTRITION

1. Do a cleanse
2. Develop a caffeine routine
3. Eat fruits and vegetables at EVERY meal

MACRONUTRITION

1. Limit fast food
2. Meal prep
3. Eat more early and less late



We create our
habits then our
habits create us!

INTRODUCING: 10X your energy IDLife supplement bundle



Just \$99



Special offer!

Anyone who orders the 10X your energy supplement bundle for a code worth \$25 off you next meal order from The Fit Life Meals!



What now?

DECIDE right now if living with 10X the energy you have now is worth it. Then...

TAKE ACTION!

→ **Order the supplement program**

You can order from The Fit Life Meals website.

→ **Get coached!**

We offer both workout prescription and custom meal planning.

VISIT: empowercoaching.me to LEARN MORE!