

THE ROAD WARRIOR'S ROADMAP

ENERGY AND PERSISTENCE CONQUER ALL THINGS.
- BEN FRANKLIN

DON'T BE UPSET WITH THE RESULTS YOU DIDN'T GET
FROM THE WORK YOU DIDN'T DO - UNKNOWN

LET'S MAKE SURE WE DO THIS!

So many times I've read a book even highlighted it but didn't walk away with an action plan to make it happen. So, I want you to put your answers from the end of each habit Let's Do This section so you can create your Road Warrior Road Map action plan to review at a quick glance.

MOVE ENERGY HABIT

1. How will you stand more on the road?

2. How will you walk more on the road?

3. How will you run more on the road?

4. How will you lift more on the road?

FUEL ENERGY HABIT

1. How will you continually hydrate on the road?

2. How will you begin eating clean and green on the road?

3. How will you carry a controlled substance on the road?

REST ENERGY HABIT

1. How will you increase the quality and quantity of your sleep on the road?

2. How will you add more micro/mini/macro breaks on the road?

3. What is your road thing and how will you prioritize downtime on the road?

PERFORM ENERGY HABIT

1. How will you plan more effectively and consistently on the road?

2. How will you pace your energy on the road?

3. How will you block and tackle effectively on the road?

DEVELOP ENERGY HABIT

1. How will you sharpen the mind by developing both professionally and personally on the road?

2. How will you process your thoughts by implementing think space on the road?

3. How will you monitor the heart by the pulse check, gratitude check, and soul check on the road?

CONNECT ENERGY HABIT

1. How will you connect intentionally on the road?

2. How will you connect thoughtfully on the road?

3. How will you connect creatively on the road?

**YOU CAN DOWNLOAD A COPY OF
THE ROAD WARRIOR ROAD MAP AT
WWW.ELITEROADWARRIOR.COM/BOOK.**