

# SIX ENERGY HABITS REVIEW



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## PHYSICAL ENERGY HABITS

### HABIT ONE



1. Realize just how much sitting you're doing within your day.
2. Stand during your travel whether at the gate or on a plane. If you're driving most of the time, find a rest area to stop and stand.
3. Be "that guy" who stands once in a while in a meeting. Most people really could care less, especially for that first assumed awkward moment.
4. The reality is there are plenty of opportunities to walk during a day on the road. You just need to look for them and then simply take a walk.
5. Take the stairs and avoid the elevator and/or escalator (and if you take the escalator, walk UP the escalator!).
6. Take your breaks and phone calls on a walk every chance you get to clear your mind and move your body.

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7. How much time you have will determine what you could/should do. If you have options (which you do now), this becomes a very easy decision.
8. If you have high variety needs, make sure you mix it up to keep things fresh.
9. I'm a big fan of combining exercises. You very easily could do two or more of the above suggestions on any given run more opportunity
10. There are two options for strength training for working out on the road: body weight and free weights. There are usually two options for locations for working out on the road: fitness center or local gym/hotel room.
11. Choose consistency over length. Develop the habit with consistency then hit it hard so the length takes care of itself.
12. Start with a plan and stay on task. Know what you're going to do when it's your lift more time and stick with that plan so you can see long-term results

## HABIT TWO



1. Drink a glass or bottle of water upon waking up and before your hot coffee or tea.
2. Try the water match program of one glass of water per each alcoholic drink on the road.

3. Remember, carry, consume, and calculate.
4. A whole food grows on a plant or eats a plant, but it is not manufactured in a plant.
5. The ultimate goal is to eat something clean and something green with every meal on the road.
6. Add first, then reverse.
7. Carry a controlled substance with you always; determine whether to bring or buy it on the road.
8. Start your trip off right by carrying a healthy first meal. Make sure it is clean and green.
9. Find a healthy go-to snack that is clean and green.

## HABIT THREE



1. Focus on the **QUALITY** of your sleep first.
2. Develop a bedtime ritual.
3. Focus on the **QUANTITY** of your sleep last but still do it!
4. A break is defined as “move the body, rest the mind.”
5. Implement as many of the six different types of breaks as possible on the road: stretch, water, bathroom, snack, breathe, walk.

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6. Implement as many of the three different lengths of breaks as possible on the road: micro = think seconds and small length; mini = think minutes and medium length; macro = think unplug and large length.
7. Downtime is time to be, NOT to be ON.
8. Find your road thing. What could be your downtime/play thing you look forward to that brings you the needed feeling of being refreshed?
9. Determine your strategies. What do you need to plan/prepare/look forward to for your road thing?

## MENTAL ENERGY HABITS

### HABIT FOUR



1. A plan is defined as thinking on paper and telling your time where to go.
2. To effectively plan on the road, I must plan ahead, plan my day, and do a post-plan of my trip.
3. I must plan and prepare for what distracts me on the road and how to handle when the day goes off track.
4. Block and tackle means I'm blocking out a specific amount of time to work on a specific (only one) task.

5. There are three types of work on the road: surface work, focus work, deep work.
6. In order for me to master the perform energy habit to become an elite road warrior, I must learn and live as much of my workday in deep work.
7. There are three directions of energy: consume, conserve, and create.
8. Learn to ask the right questions: Why is my energy low right now? Is there anything I can do to change my energy level? How can I match my task with my energy?
9. Learn to implement key changes to boost your energy: change of position, change of location, and change of activity.

## HABIT FIVE



1. Find something to read that you enjoy and want to learn.
2. Determine when you will make time to read and what you can listen to audibly.
3. Download the free Personal Development Plan (PDP) at [www.ElliteRoadWarrior.com/Book](http://www.ElliteRoadWarrior.com/Book) and complete it.
4. Think Space is dedicated time to develop and process key ideas and concepts.

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5. Processing the thoughts has two requirements: time and thinking.
6. Know how best to move into Think Space, what to do during Think Space, and how best to conclude a Think Space session.
7. Do the pulse check. Ask and answer: “How am I really doing?”
8. Do the gratitude check. Ask and answer: “Who or what am I grateful for right now?”
9. Do the soul check. Ask and answer: “What do I need to get out that I’m keeping in?”

## HABIT SIX



1. The check-in guy does the bare minimum. Don’t be that guy. Become the connect-in guy.
2. Your commitment to connect needs to remain, no matter what.
3. You must plan when to connect and what you’ll do to connect and then be patient!
4. Plan ahead by leveraging think space to take the pressure off being thoughtful in the moment.

5. Write something or make an audio or video recording to allow those back home to listen and watch something thoughtful from you about your road life in the moment.
6. Find thoughtful gifts that let someone know you've been thinking of them. This makes the gift even more important to them.
7. Own the phrase be memorable when you connect creatively with those who matter back home.
8. Be age-appropriate with your creative ideas, involve others and educate when you can, and see how you can make light of yourself.
9. Look for ideas consistently to take the pressure off you and to keep you creatively sharp.