

Top 10 Energy Tips

- 1. Change your mind** - reduce negative thoughts
- 2. Reduce Stress** - its just your perception
- 3. Avoid negative people** - drains your energy
- 4. Live your purpose** - it will energize you
- 5. Oxygen** - deep breathing throughout your day
- 6. Hydration** - 1/2 your wt. in ounces of H₂O/day
- 7. Eat real food** - avoid processed/GMO junk foods
- 8. Daily Exercise** - move it or lose it
- 9. Rest/relaxation** - get 7-8 hrs sleep nightly
- 10. Fun** - enjoy everything laugh more