

# THE ULTIMATE GUIDE ON PHYSICAL ENERGY & VITALITY FOR HIGH PERFORMANCE

HOW TO MAXIMIZE YOUR ENERGY TO FUEL YOUR DREAM LIFE



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## THE IMPORTANCE OF VITALITY IN OUR LIVES

**H**ave you ever had those days where you felt sick and just simply couldn't do anything worthwhile besides staying in bed? You had a brain fog, couldn't focus, felt horrible and just wished you could be healthy and energized again...

Those are the moments we realize the importance of health and vitality in our lives. Many times, we take health as granted, only to realize its significance when we lose it. However, if we think about it, this is really the most fundamental and important aspect of our lives.

Most people settle for mediocre health and vitality, and that produces a mediocre quality of life.

In my job, as a coach, where I work with high achievers from different fields, I have seen that most people aren't even aware of how much more energy they could have in their life if they were making some changes. When they go on to make those changes, the level of vitality and improved performance they experience is at a level they couldn't imagine before.

I have always been fascinated by the factors that affect our ability to perform at our best. Many years ago, my interest turned to studying, in depth, the key pillars behind our health and vitality. Since then, I have studied the field for hundreds if not thousands of hours, reading countless books and articles, as well as reaching out to certain experts, etc.

I have implemented specific changes in my life and helped many of my clients take these approaches as well, which in both cases, have shown a massive difference in our quality of life. Therefore, this book is a cultivation from the key principles and rituals I have found to be a real difference maker.

## MAKING HEALTH & VITALITY OUR #1 PRIORITY

If you implement the ideas from this book, you can experience an increased level of performance, better cognitive function and focus, better mood, more aliveness, better sleep quality, more energy and engagement, as well as increased productivity.

These benefits will have an effect on your work life, your relationships, your personal fulfillment and practically all aspects of your life.

It's vitally important to make this the most important area in our lives, because it affects everything. I urge everyone to make the rituals for high energy the #1 priority, because it pays off significantly. Most people don't focus on it because they feel they don't have the time for it, but it is counterproductive thinking. By making health/vitality their number one priority, they actually gain more time, since they can accomplish more in less time, be more focused and produce better quality work.

If we want to make our dream life a reality, we need the energy to make it happen. That's why it is vital to understand the key difference makers, and implement some rituals in our lives.

Luckily, it is quite simple; there are only a couple vital principles we need to adhere to, and if you give this area focused attention for a couple of weeks, you will experience drastic improvements.

This guide is focused on how you can maximize your energy and vitality so you can perform at your best, and be the most alive. It is not necessarily concerned with becoming an athletic champion or becoming the next body builder champion. These might require certain patterns of eating, movement and supplementation, which (a) are not for the person who has other main interests in life than to be the next Olympic gold medalist and (b) are not only not necessary to maximize our energy and vitality, but might actually require us to sacrifice it, because the extra stress on our bodies, whether from too much calories or overtraining, makes us more depleted.

So now that we have covered this, let's get into what we need to understand and implement to have massive levels of physical energy to fuel our dream life.

## THE POWER OF FULL ENGAGEMENT

Years ago, I read a fascinating book called *'The Power of Full Engagement'* by Tony Schwartz and Jim Loehr. That introduced me to different concepts that help us to perform at our best and be engaged during our days.

One of those concepts was the following:

**Managing energy, not time, is the fundamental currency of high performance.**

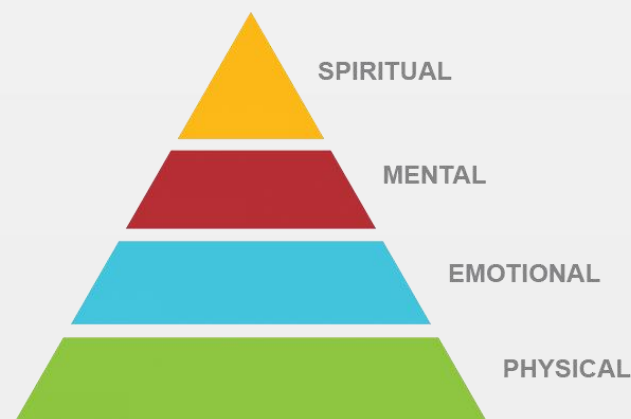
That means in order to bring out the best from ourselves we need to skillfully activate our different sources of energy.

This guide focuses on introducing certain principles and rituals that help you get deeper engagement in your life. Full engagement is the energy state that best serves performance.

The authors shared four main principles that this guide utilizes as well:

- ❑ **Principle 1:** Full engagement requires drawing on four separate, but related sources of energy: physical, emotional, mental and spiritual.
- ❑ **Principle 2:** Because energy diminishes both with overuse and with underuse, we must balance energy expenditure with intermittent energy renewal.
- ❑ **Principle 3:** To build capacity, we must push beyond our normal limits, training in the same systematic way that elite athletes do.
- ❑ **Principle 4:** Positive energy rituals—highly specific routines for managing energy—are the key to full engagement and sustained high performance.

### THE FOUR SOURCES OF OUR ENERGY:





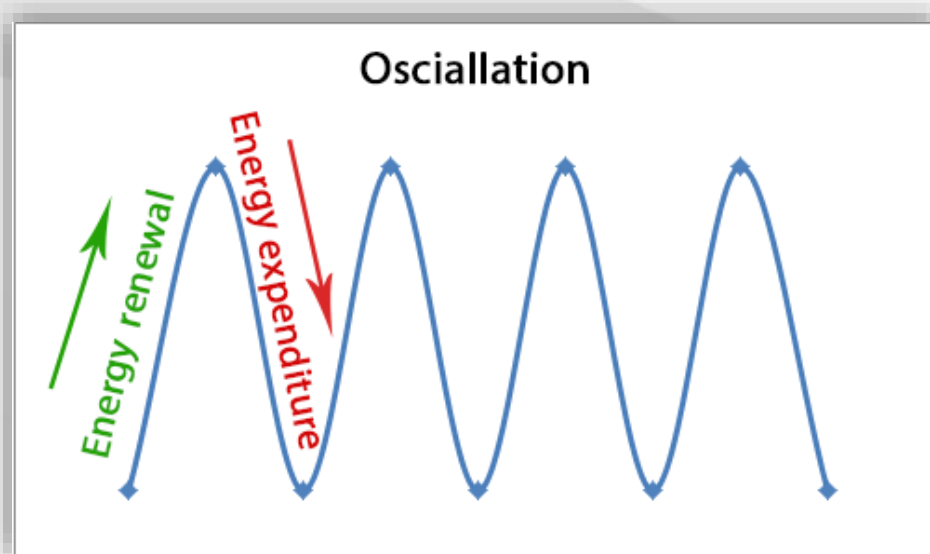
In order to have the most energy and engagement in our lives, we need to use all four sources the right way.

The physical is the most fundamental source of our energy, while spiritual is the most powerful one. We have deep reservoirs of energy within us that we can tap into. That's why you might have noticed as well in periods of your life when you were hugely inspired about something, you did great, even on lack of sleep, for example. Nonetheless, it's really important to activate all sources to be the most balanced and perform at our best.

Here this guide will only focus on our physical energy. This underlies all the other sources and greatly affects our performance.

## THE NATURAL PULSE OF OUR LIVES

Everything in nature including us humans has an oscillatory nature; the ebb-and-flow of life; sunrise and sunset; summer and winter. Animals have their own rhythm, and that's true for us humans as well. Our breathing, brain waves, body temperature, heart rate, hormonal levels and blood pressure all have rhythmic patterns. It's important to understand this fact, because this rhythmic pattern is encoded in our genes. Despite this, so many of us ignore this in areas of our lives and try to violate this fundamental law.



What is important for us to understand is that we want to adhere to our design by-nature in order to maximize our capacity. If we only expend energy without renewal, we get depleted, burnt out, stressed. So, we need to both expend and renew each of our four sources of energy, creating an oscillation.

## CYCLES

In the 1950s, Eugene Aserinsky and Nathan Kleitman discovered that our sleep fluctuates in 90-120 minute cycles. We go from surface level of sleep to deeper levels and then the cycle begins again. In the 1970s, further research showed that these 90-120 minute cycles from our night continue during the day as well. It means every 90 to 120 minutes our bodies crave rest and recovery. Signs showing this for example: yawning, stretching, hunger, increased tension, difficulty in concentration, urge for procrastination or increased number of mistakes. Although we can overwrite these natural cycles, this floods our bodies with stress hormones, which is the natural reaction of our body if it would face emergency (our natural fight-or-flight response). The long-term effect of this is that toxins build up in our system and we break down.

So, it's not the intensity of the energy expenditure that leads to burnout, decreased performance or physical breakdown, but the duration of expenditure without renewal. That's why it's vitally important to manage all four sources of our energy.

Now let's review in depth the four sources.

## PHYSICAL ENERGY PILLARS

This is the most fundamental source of our energy. Most people are on the two extremes. Either they are in constant energy expenditure (lack of sleep, improper nutrition, working themselves down) or energy renewal without expenditure (lack of good movement, being a couch potato, sleeping way too much).

In this section, we are going to cover the most important fundamentals that help us have outstanding vitality for our days.

We can divide the physical pillar into four parts:

- I. Movement
- II. Nutrition
- III. Rest and recovery
- IV. Hydration

### I. MOVEMENT

I am yet to meet a person who said that regular exercise didn't help them: perform better, be more focused, have better mood, have less stress, sleep better, be more productive and a host other benefits. This is a MUST!

We are built to move. This body of ours is not designed to sit around all day long. We really need to make movement a priority in our lives, but we will discuss commitments and priorities towards the end of the guide.

The main importance is to move. We don't need to train to be the next Michael Phelps or Arnold Schwarzenegger; we just need to include good regular exercise in our lives.

Here is my recommendation:

Do 3-4 "longer" (30 min+) exercise sessions a week and some smaller ones in the mornings, since it kick starts our metabolism and helps us be at our best during the day. I love to include some form of short, max. 10 minute exercises in my morning ritual (Either rebounding, 7 min workout, yoga or stretching).



The choices for the 3-4 longer ones:

- Some form of sport you enjoy doing (tennis, soccer, basketball, etc.)
- Doing a sport is especially good because play is always amazing for renewal.
- Swimming
- Yoga
- Weight lifting
- Running
- CrossFit or any other training
- Dance
- Etc.

Walking is great as well. It improves a great amount of functions in our bodies, including our moods, clearing our mind and enhancing our creativity. A short 20-minute walk can do wonders.

Physical training is critical for a number of health benefits. It makes you healthier, more productive, focused, more able to cope with stress, allows you to make less errors and so on... Here are two researches about the link between exercise exposure and performance:

A study in the journal *Ergonomics* concluded that "Mental performance was significantly better in the physically fit than in the un-fit. Fit workers committed 27% fewer errors on tasks involving concentration and short-term memory as compared to un-fit workers."

In a study of eighty executives over a nine-month period, those who worked out regularly improved their fitness by 22% and demonstrated a 70% improvement in their ability to make complex decisions as compared with non-exercisers.

## II. NUTRITION

Now this is big as well. Most people eat certain types of foods that their bodies are really not tolerating; thus, have constant inflammation in their system. Behind all illnesses, there is inflammation in our system first.

This inflammation causes people to operate on a 30% vitality level. According to a health expert friend of mine who measures people's cellular vitality level, most people who go to him measure less than a 30% vitality level. Now with certain changes, it can be easily pushed up to the 80%+ range which is considered really good.

In this section, we are going to cover the main principles behind good nutrition for high performance, fitness and well-being.

There are tons of different diets promoted on the internet. Over the years, I have studied the topic for hundreds of hours trying to understand what the perfect diet is for humans. What I have come to understand is that NO ONE perfect diet fits all, simply because, based on our internal system, we can fall into different categories. Some tolerate carbs better, some tolerate protein better, some tolerate certain fruits better and some tolerate meat better. Understanding this was a game changer for me.

For years, I have been mainly eating a diet possibly considered paleo (eat meat, healthy fats, some carbs, no gluten at all), with added focus on Alkalizing my body with lots of greens (broccoli, greens powder and so on). When I went to an actual measurement of what's great for my system and what causes a reaction in my body, it turned out that the so-well-promoted green mix powder had a 10% cellular vitality score for me on a 1-100 scale, meaning that my body type really doesn't need to alkalize, because naturally it doesn't get that acidic from meats.

On one occasion, the Canadian government supplemented Eskimos in Greenland with fruits and vegetables, and many people got sick there, simply because their bodies genetically had different needs, and didn't really need those at all.

So, the main takeaway from this is that we need to find the perfect diet for ourselves, but there are certain universal principles that I have come to understand to be great to adhere to:

## WHAT TO AVOID:

- Sugar
- Alcohol
- Caffeine
- Dairy products
- Trans-fats
- Gluten
- Flour
- White starches and heavily processed breads/carbs.
- GMO food

These are naturally inflammatory for our system, some more than others, but just because someone doesn't experience significant signs of intolerance, their internal systems are still affected negatively by them.

If someone eliminates, or at least drastically limits these, that is 80% of the success.

However, even when eliminating these, someone can eat a super-rich diet of awesome foods. If we want to have the outstanding energy and health to really live life to the fullest, we need to treat our bodies a great way. So how is your relationship with your body? Do you love yourself enough to care about what you feed your body and cells?

Just eliminating these will decrease inflammation in people's bodies and, in turn, cause them to lose excess fat, become leaner, fit, more focused, energized and sleep better.

We are not shooting for 100%. If we follow these principles 80-90% of the time, they will make an amazing life possible.

One cool way to not eat unhealthy stuff... is to remove them from home. If you only buy good stuff, you can't eat bad stuff, simple. When you are away from home, just have it in mind that when people are hungry, their willpower is decreased and they are less able to make conscious decisions about their food selection. So make sure to bring in extra consciousness at these hungry moments.

## ON SUPPLEMENTS

Now these are called supplements for a reason, because by themselves, they can't help if we have a bad diet.

When people ask me for advice, I usually give them these main five:

- Vitamin C (1000 mg a day)
- Vitamin D3 (2000 IU a day)
- Probiotics
- Omega 3 (2-3 grams or ml a day)
- Multi-vitamin

Each of those is vital for our systems.

It's also important to buy a better source out of these; trust me it matters. It doesn't mean it has to be expensive, but try to look for better quality.

On another note, I usually take other supplements as well, which have great other benefits:

- Oregano oil
- Ginseng-Royal Jelly
- Aloe Vera gel
- ZMA
- Argi+
- Maca powder
- Garlic caps

I believe if someone just takes the five main supplements, that's already a win. These can just be add-ons that provide extra health and vitality benefits.

### III. REST AND RECOVERY

If we want to perform at our best, rest is necessary. Here we will cover the main principles.

Let's divide this section into two parts:

1. Sleep
2. Energy renewal rituals during the day

#### SLEEP

Even small amounts of sleep debt, insufficient recovery in our terms, have a significant impact on strength, cardiovascular capacity, mood and overall energy levels. Some fifty studies have shown that mental performance - reaction time, concentration, memory and logical/analytical reasoning all decline steadily as sleep debt increases.

"In one especially dramatic study, psychologist Dan Kripke and his colleagues studied the sleep patterns of one million people over six years. Mortality rates from nearly all causes of death were lowest among people who slept between seven and eight hours a night. For those sleeping less than four hours, mortality rates were two and a half times higher. For those sleeping more than ten hours, the rates were one and a half times higher. In short, both too little recovery and too much recovery appear to significantly increase the risk of mortality."

Winston Churchill was among the world leaders who clearly understood the strategic value of naps:

"You must sleep sometime between lunch and dinner and no halfway measures. Take off your clothes and get into bed. That's what I always do. Don't think you will be doing less work because you sleep during the day.

That's a foolish notion held by people who have no imagination. You will accomplish more. You get two days in one—well, at least one and a half, I'm sure. When the war started, I had to sleep during the day because that was the only way I could cope with my responsibilities."

For a year, I have been tracking my sleep quality with sleep tracking apps on my phone. I am kind of an experimenter, and like things regarding life hacks / bio hacks. I am always looking to understand the patterns behind things, whether success vs. failure, or in this case, the quality of our sleep.

What I have come to find is that quality matters more than quantity (surprising right??! I know... but bear with me). There are sources citing we should sleep 7-8-9 hours a night, but actually what matters is how deep our sleep is. There are certain tools to measure that the easiest is some sleep tracker on our phone.

Not surprisingly, when I sleep let's say 8 hours but the deep sleep is only 3-5 hours., I am less energized than when I sleep 7 hours. but my deep sleep is 5 hrs. Thus, after seeing that pattern, I was curious as to how can we boost our deep sleep time, so we are not only winning an extra hour or more, but also are more energized.

There are certain elements that affect the quantity of our deep sleep:

One of the main ones is our emotional balance. Whenever I was more stressed, and went to bed like that, my sleep quality suffered. When I did a proper evening ritual to wind down, my sleep quality improved. That's why emotional/mental/spiritual sources of energy are important, which we will cover later on.

Also, whether or not we are watching screens before bed (laptop, TV, tablet, phone, etc.) we want to add Flux or other alternatives anyway to our phone/computer, which naturally dims its color structure after sunset, so it stimulates our eyes less. I recommend installing that. Diet/Movement affects as well.

They also say sun exposure has an effect on sleep quality as well, which sounds reasonable; however, I didn't track that directly so I can't comment on it.

If we focus on having a good evening ritual to wind down before bed, it will have a drastic improvement on our sleep and, thus, on our quality of lives, whether in business or other areas.

Just to tell you the importance of it, I had two separate weeks where I could experience firsthand how much it matters.

You can see two screenshots from the sleep tracking app I use. The left is the first week, where I mainly had 3-4 hours of deep sleep each night (under the %), and the other picture from the right was the following week.

It was at a period when I just got back from abroad with a nice jet lag and didn't yet return to my normal evening ritual. I was focused on the laptop screen before bed, replying to messages and taking care of tasks, eventually going to bed after those activities.

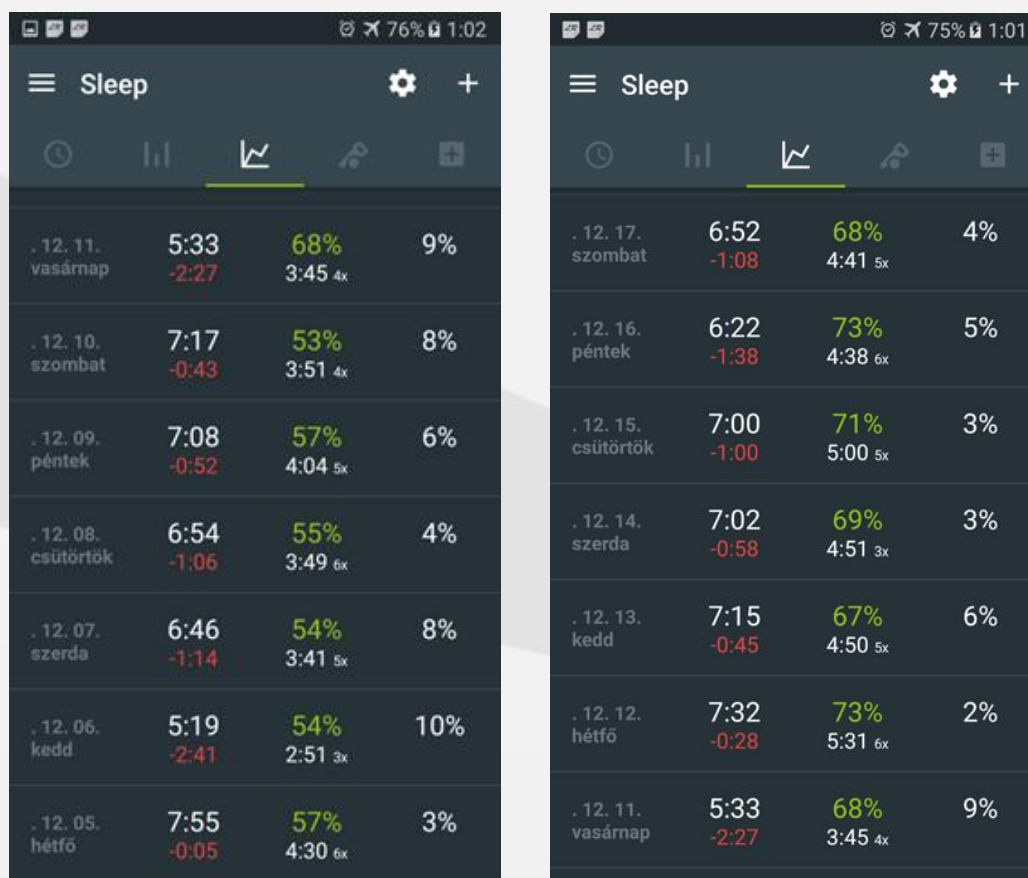


At the end of the week, in my usual weekly reflection, I realized this is not good, so decided to turn off all screens by 11 PM and do an hour-long evening ritual. You can find my recommendation for an evening ritual on my website.

On the second week, my deep sleep was around 5 hours, having a ~25% improvement each night, just because I used 45-60 minutes before bed to wind down.

Some info is on the screenshot from left to right (date + day; hours slept / red: difference to the 8hr standard set into the app; percentage of deep sleep / under it, the amount of deep sleep hours + minutes and sleep cycles; and noise %).

What is important to note is the amount of deep sleep on the left screenshot vs. the right.



I highly recommend installing a sleep tracking app on your phone and tracking your sleep. The first step to change is building awareness. You want to have more awareness about your sleep. Also, an app like that is good, because it can wake you up at in the right sleep cycle when you are naturally more awake. It uses the phone's built in sensor to measure your movement by putting it next to your pillow. When you are in deep sleep, your body is still, so based on that the app can tell when are you in deep sleep and when are you not.

If you use the app to wake you up, you will feel less groggy compared to being awakened by the alarm clock in a deep sleep cycle. If you want to wake up by 7:30, you give the app a 20-minute buffer, and it will wake you up between 7:10 and 7:30 when it senses you are not in deep sleep. So even though you might wake up at 7:10, you will feel much better than if your alarm clock went off at 7:30AM in the middle of a deep sleep cycle. You can feel the difference.

With that being said, it's cool to track your sleep quality, but don't overdramatize it. "Gosh I just had 3 hours of deep sleep tonight, so my whole day is gonna be sh\*t."

There were many occasions when I challenged myself to see how awesome my day can be even with bad sleep. When my focus was on making that day awesome, I could be highly productive even on bad sleep quality that night. We have energy reserves we can tap into, but if a bad sleep quality is prolonged for days, that will drastically decrease our performance.

Once, a client of mine who slept around 8-9 hours per night, and snoozed for ~30 minutes in bed, I got him to use the sleep tracker, and we made some changes in his pre-bed rituals and other areas as well. He started sleeping 7-7:30 hours, with around 5 or more hours deep sleep at night, getting out of bed in less than 10 minutes, with no snoozing. He was much more energized during his day and felt so much better and productive as well. Eventually, he got his day going with a great momentum, which greatly enhanced his performance and income.

## ON SNOOZING

Have you ever had those mornings where you were groggy and felt you needed more sleep, so you stayed in bed snoozing for 5 more, 5 more, 5 more and 5 more ... minutes? Now that kills your morning, so please stop doing it. That feeling is only caused by a phenomenon called brain fog, which naturally clears after a couple minutes once you are awake. I think if you stay in bed for 5 minutes after waking up, that's still alright. In that 5 minutes, you can take some deep breaths, get ready for the day, or maybe say gratitude that you are alive ("Thank you! Thank you! Thank you" - that's how I start the day).

So how much should you sleep?

I don't know if there is an exact number; I think between 7-8 hours lies the truth for most people. Above 8-9 hours is oversleeping, and sleeping below 6 hours consistently can cause some negative effects.

**Tip:**

ZMA is considered as a great supplement for improving sleep quality; I personally take ZMA most of the time before going to bed.

**ENERGY RENEWALS DURING THE DAY**

Once I became familiar with the importance of our oscillatory nature and the renewing of our energy during the day, I implemented certain changes to align with this, which had a massive positive effect on my performance and quality of life.

Most people don't have any renewal rituals during the day and it massively affects their stress level, mood, productivity and focus.

We have those sleep cycles at night, which also continue during the day and our bodies need renewal every 90-120 minutes. It might seem like a waste of time being away from the tasks at work, but it is actually a MUST in order to return to work refreshed and accomplish more in less time.

Here are the main things to pay attention to:

Take a small break (5-10 minutes) every 90-120 minutes. You want to work in power blocks anyway (in 60-120 minute blocks of time), because it drastically improves your productivity, but that's another topic. Here, we want to focus on the importance to periodically renew your energy.

In that short break, here is what you can do:

- Stretch, move your body
- Focus on deep breathing
- Maybe get some fresh air
- Listen to some great music you love and dance (maybe better if you are alone, just in case...)
- Have gratitude for something/someone in your life

Just try this, and see the personal benefits for yourself!

**BREATHING**

We take breathing for granted because it's an automatic process of our bodies. However, it is vital for our life. This is one of the main factors that affect our physical energy.

By breathing, you can release pent-up tension in your body that causes stress, mental fatigue and burnout. You can reenergize yourself by breathing in the proper way for a short amount of time.

Tip:

Periodically, stop for a moment during your days, slow down and focus on deep breathing.

Inhale fully for 5 seconds, hold for a second and then release it for 5 seconds.

Then repeat it for 2 minutes. Focus on the sensations in your body. Imagine energy flowing through your body. Your whole body is made of energy. Every molecule is made of atoms, which are made of energy. You can tap into that flow of energy by directing your attention and breathing.

## POWER NAP

It means a short 20-30 minute nap during the day, which greatly refreshes your body and balances your emotional and hormonal levels. I personally do ~20 minutes power nap almost every weekday before my second main work block in the afternoon.

Even if you can't fall asleep for those 20 minutes, you can still find that it greatly refreshes you. However, an important thing to note, you don't want to do more than 40 minutes, as you would start to go into deep sleep, and you would just be more tired after that. Many people decide on sleeping an hour or 2 in the afternoon, but it's completely unnecessary for most; they would be even better off with a 20-minute nap.

NASA's Fatigue Counter Measures Program has found that a short nap of just forty minutes improved performance by an average of 34 percent and alertness by 100 percent.

## LUNCH BREAK

It's called a break for a reason. Slow down, no rush, enjoy the pause, let go of concerns. Don't eat in front of a computer browsing or doing work. Chill out. You will be far better off. Slow down to speed up. Enjoy this thing called life, that's what's going to matter at the end of our life. We want to live fully, so appreciate the day; you are not in a rush. If you are, you need to change certain elements in how you approach work, so you can carve out time for slowing down.

## IV. HYDRATION

Though we could include this in the diet pillar, it's so important it deserves its own spot amongst the three others.

Most people really don't drink enough water, but this is the easiest thing to correct and the fastest way to experience a positive effect on performance. Already 1-2% dehydration can cause fatigue, loss of concentration or headaches, so drink.

Recommended: 3+ liters of water per day; if you are active maybe more.

No need to overcomplicate.

**What to drink:** water, herbal tea, green/white tea in small moderation

**What not:** coffee (or limit), black tea, beverages

Avoid sugars please! Just take this one life-changing advice, and it goes a long way towards health & vitality.

### ONE COOL TIP TO INCREASE WATER INTAKE:

I naturally observed when I have a bottled water on my desk in front of me, I drink about 40% more a day, compared to having just a glass that needs to be constantly refilled. I usually have people get a larger bottle on their desk and fill that with water, and they find the same, they drink more; easy way to fix.

You might want to give some extra attention to hydration for 2 weeks. This means you remind yourself more during the day, and also drink more, even if you are not thirsty. When you are thirsty, that's already late, you start to become dehydrated.

Also, you want to drink around 5-600 ml of water after waking up and have at least 30 minutes till you eat breakfast. This is huge! It wakes up your system, which is so dehydrated from the night. Just try it! If you didn't drink this much before, it might be a challenge in the beginning; just stick to it, and in couple days it will be something you don't want to stop doing.

## QUICK NOTE ON EMOTIONAL/MENTAL/SPIRITUAL ENERGY

We have three other dimensions besides our physical realm. In order to maximize our performance, we need to properly activate all four sources of energy. That's why with my clients, we focus on maximizing all four of them skillfully.

On this guide, we are not going into detail with these, but you will be able to find further insights about them on my website.

## MAKING IT PRACTICAL

“Knowing is not enough, we must apply. Willing is not enough, we must do.”

– Bruce Lee

Now this guide might have provided you new insights into how you can live a life of more engagement with better health & vitality. We covered the importance of the four sources of our energy and our oscillatory nature we need to align ourselves with.

This understanding alone can cause you to show up and act differently in your life, but information alone doesn't get us forward if it's not applied, or internalized.

So let's make all the information in this guide practical, because in the end, that's what will help us perform at our best.

This guide has come out of a need, because by working with many clients over the years, I have seen how a lack of understanding and rituals in their lives are stopping them from really accessing their true potentials, be their most productive and creative selves, and experience more aliveness and fulfillment in their days.

What we covered in the physical pillar is exactly what I help them apply to their life in a personalized manner, wherein they experience drastic improvements in their performance. I highly encourage you to consider applying some changes based on the information in this guide.

## THE NATURE OF THE CHANGE PROCESS

### 1. AWARENESS

All changes start with awareness. Until we are aware of something, we can't change it. You might have gained a new level of awareness thanks to the words in this guide. However, now you want to slow down, zoom out and take an overall look at your life based on what we covered so far.

I have long learned that usually, it's not a well-formed question to ask a person 'How energized do you feel during your days on a scale of 1-10?' The reason is because the



rituals most people have in place don't even allow them to be aware of how much more energized they could still be if they made certain changes in their physical activities, nutrition, recovery or hydration; not even considering the other three sources of energy.

So usually, I let people take a leap of faith and make certain changes and then they experience it for themselves.

Let's do an exercise. Answer the following questions to gain more awareness on what behaviors you have in place in certain areas of your life.

## PHYSICAL ENERGY OVERALL SCORE

On a scale of 1-10, how would you rate your current rituals in helping you maximize your physical energy?

(10 means you have the right rituals in place, no room for improvement, 1 means it's terrible- total chaos, no rituals and you make bad choices)

## MOVEMENT

- How much do you move in a week, and what do you do?
- What activities could you add to your days/week to improve in this category?

## NUTRITION

- What foods are you eating a day? Write out exactly your typical foods you choose.
- What should you change here? What foods should you limit/eliminate? What foods could you include?

## REST & RECOVERY

- How is your sleep quality?
- Do you sleep at least 7 hours a night? What could you do to improve your sleep quality or quantity?
- Do you take short energy renewals during the day periodically (ideally every 60-120 minutes)?
- If not, what could you do for short energy renewals?

- What else could you improve in this category?

## HYDRATION

- How much do you drink, and what are you drinking?
- What improvements could you make here?

## 2. COMMITMENT TO CHANGE

Now that you have gained extra awareness, the next step in the change process is making a commitment to change.

I really can't emphasize enough how important it is to adhere to certain principles we covered in this guide; their effect on our overall health, vitality, performance and fulfillment in life is deeply affected by them.

For lasting change to take place and for new rituals to take hold, it requires time, it doesn't happen overnight. You will experience positive benefits right from the start, but in the beginning, many of the rituals are not yet habits and might require extra mental effort from your part to do them. It is natural. Some habits take a longer time than others to be more natural for our brains to do them. Until that happens, we can activate our willpower and commitment to do the given activities we have identified as helpful.

So here and now, if you will, make a commitment to make certain changes. Make Health & Vitality the #1 priority in your life!

Everything else is affected by it. I hate to sound as the caring coach here, but you want to live a long, full life, right? Perform at your best. Have the energy to go for your dreams. Have the vitality to show up with the best mood and presence for your loved ones as well. It all starts with how we approach our health & vitality.

For your next 2 months, make it your primary focus to apply the changes you have identified. It doesn't mean that you won't do anything else for two months; it just means that for this period you will allocate more of your mental effort to maximizing your physical energy. This period is enough for the rituals to take hold and then you can focus maybe on other areas of your life. However, if we wanted to change many areas of our lives all at once, it would all just lead to chaos and nothing would change. Trust me; I have seen that in my work with people. It's better to take the "slower path", which actually is the faster, more effective one; only focusing on one key area or thing in our life until it is systemized or habitualized, and then moving on.

### 3. CLEAR VISION / OUTCOME

So now that we have awareness and commitment, the next step is creating a clear vision or outcome. The reason being we want to give our mind a target to aim for.

It can be something like this for health & vitality:

"I am fit, healthy, vibrant and full of energy. I have great strength and endurance. I have a flexible and structurally aligned body."

State it in positive, and in present tense.

It's more like a vision. If you want to make it into a more specific, measurable outcome, you want to add some numbers that would measure this for you, whether in weight, body fat percentage or measurements on your body.

Since this guide is not focused on achieving the perfect beach body, but activating our physical energy the best way, we are not covering these measurements here. Though as a side effect of implementing the principles and rituals in this guide, your body will naturally move into its fit, healthy and vital form effortlessly.

### 4. YOUR WHY

Now, having a vision is not enough, we want to make it more emotional for us and implement certain rituals in place.

So let's define your why.

Why do you want to have this outcome you set? Why is it important for you? How will it affect your life?

### 5. LIST

Make a list of the changes/rituals to implement.

For example:

- Do morning <10 min exercise 5x a week
- Play soccer once a week
- Go to the gym 3x a week

- Drink 500 ml water after waking up at least 30 minutes before breakfast
- Get bottled water to put on my desk and track my water intake daily
- Eat healthy breakfast (and describe it exactly)

The key is to now describe all those activities that add to your outstanding vitality. It will provide a list of items waiting to be implemented.

*Specificity of time and precision of behavior are keys for success!*

By determining when, where and how a behavior will occur, we no longer have to think much about getting it done.

In one study, participants were asked to write down how they will spend Christmas Eve. Half of the group had to set exactly when and where they intended to write it and all of them had 48 hours to complete the task. In the first group, 75% did it on time; in the second, only one third.

Another study: fitness participation for college students. After showing a study of health benefits, participation for the program increased from 29 to 39%. When it was followed by a request that students designate when and where they intended to exercise, compliance went to a remarkable 91%.

The key lesson from this, you want to write out exactly what you do, when you do it and how you do it. You can do it in one step, or just list the activities as shown above, and in the second round as you go through them, specify them more precisely.

## 6. EXECUTION PLAN

Now let's make it practical, and create an 8-week plan. It's important not to focus on too many things at once, because it just leads to overwhelm and no effective change can take place.

I recommend doing 2 week targets, meaning you set one or two key changes and focus on it for two weeks. For all the other changes you identified as important, you give yourself a break; i.e. you don't have to be concerned about them for now.

For example:

Depending on your current situation, you might choose to implement regular exercise in your life. For that, you might set out to do them 5x a week, some short <10-minute exercise in the morning (i.e. 7-minute workout routine on YouTube; or some yoga).

Besides that, you set out to do at least 2 exercises in your week (a sport, or gym, or specific class). If you do more than that, great, but for now this is enough. Also, maybe for the week after that you could set out to include one more activity per week, increasing it to three / week.

You might also add for this first 2-week target, to drink more, and track your daily water intake.

These are your primary focus. If you make any other changes in areas like sleep, nutrition, daily renewal, that's amazing, but you are not concerned with them now, so don't put extra pressure on yourself about them.

Then for the next two weeks, continue your implemented rituals (regular exercise and hydration), and implement changes in other areas (maybe nutrition, sleep, recovery).

## 7. THE MINDSET

Approach all this from a place of curiosity and play instead of work. If you are lighthearted about this, and make it into a fun 8-week game, that will work wonders. If you approach it from a 'work' mindset, this will create unnecessary inner tension, which can stop you from taking action.

You might feel resistance on any day towards doing the rituals, which is normal. I still sometimes have resisting thoughts before going to the gym, telling me to do it tomorrow, not go, I am tired and so on. I have learned to not listen to my thoughts, and just start getting into motion, getting ready for gym and going. In the end, I have never heard anyone saying that it wasn't a good idea to ignore the resistance, and go do some exercise.

## THE POWER OF SELF-IMAGE

Our self-image or identity provides the strongest force in the human psyche. Our brain's natural impulse is to act in alignment with our identity of ourselves that we hold subconsciously.

That's why so many efforts for change go in vain in people's lives. Many set the intention to work out, eat healthy, lost weight and muster the willpower and determination ... for a couple weeks maximum. Then they revert to their old self.

As long as a person's self-image is set on being overweight, not healthy eating or being a lazy person, if that doesn't change, sooner or later he reverts to this, no matter how much effort he puts into changing his behaviors.

On the other hand, if our self-image changes and we start to look at ourselves as a health-conscious person who values Health/Vitality highly, it will be much more natural to work out, eat right and do the right things for a healthy lifestyle. We are not working against our identity, but we slowly create a new identity and then our behaviors will be consistent to this new image of ourselves. That's lasting change!

How do we add this to the above plan? By starting to reprioritize Health/Vitality as one of our main values (#1 for me) in life, and looking at ourselves as a health-conscious individual. Our identity can shift in an instant (like a person learning he has only 6 months to live unless he changes his lifestyle), but usually it takes a while.

Your task now is to create an exact plan on what you will focus on for 2 weeks, what you will implement, when exactly you will do those activities and how you will measure your progress.

### ALL IN ALL, THE STEPS ARE TO:

1. Gain awareness on your current situation, mindset and rituals about movement, nutrition, rest/recovery and hydration.
2. Commit to making Health/Vitality your #1 priority and making certain changes.
3. Define a vision or outcome for yourself in this area.
4. Clarify why it is important, and how it will impact your life.
5. Write together the rituals and changes that need to be implemented.
6. Make it into an 8-week plan, with 2 week sprints.
7. Approach this with a mindset of curiosity and play.



## FINAL NOTES

"If more information was the answer, we would all be billionaires with six-pack abs."

- Derek Sivers

Now there is a lot of extra information we could add to this guide, but I focused on the most important principles and rituals.

What matters is to take these ideas and implement them. The change you will experience in your life is going to speak for itself. Also, it's good to make some notes of your current situation and energy levels now, so you can compare this to your 8-week future version of yourself. Once you make changes, your new higher levels of energy will be your default and you can forget how it felt to be on a lower level.

We covered a lot in this guide, but here is one important thing I want to add:

*Don't think that you can't perform unless you have everything in order and in place. Even if you eat crap, don't work out, and so on, many times you find the energy to perform well. It's much more of a mental thing, than physical.*

*Why I say that because it's easy to just get caught up in more thinking and thus resistance about 'why I can't do the thing now well'. It just creates more noise in our head and that's how we hold ourselves back more from performing well.*

*However these rituals and practices will help you be in a better physical/mental zone more of the time, and thus help you with your performance.*

I honor you for reading this guide so far, it shows me you are a person who wants to take life to the next level. In that sense, we are the same and are on the same journey.

I hope you have found this guide helpful.

I would love to hear your insights you gained from this, and any questions you might have. Feel free to write me at [hello@tamasbedo.com](mailto:hello@tamasbedo.com).

To your extraordinary life,

*Tamas*

# CHEAT SHEET

## I. Movement

- Include 2-4 regular exercises in your week (weight lifting, running, yoga, sports, gym, dance class...)
- Do short <10 min exercises in the morning.
- Include more daily walks into your life.

## II. Nutrition

What to avoid:

- Sugar
- Alcohol
- Caffeine
- Dairy products
- Trans-fats
- Gluten
- Flour
- White starches (i.e. white rice)
- GMO food

Top 5 supplements:

- Vitamin C (1000 mg a day)
- Vitamin D3 (2000 IU a day)
- Probiotics
- Omega 3 (2-3 grams or ml a day)
- Multi-vitamin

## III. Rest/recovery:

Sleep:

- Wind down 45-60 min before bed; avoid any screen (laptop, phone, TV).
- Aim for sleeping at least 7 hours a night.

Daily energy renewal:

- Take a short 5-10 min break every 60-90 minutes (stretching, breathing deeply, moving, drinking, etc.)
- Optionally take a 20-minute power nap in the afternoon after lunch.
- Slow down during your day, don't be in a rush, take deep breaths and calm your mind and body.
- Do deep breathing and focus on the flow of energy in your body. Inhale for 5 secs, hold for 1, exhale for 5 seconds and relax.

## IV. Hydration:

- Avoid: coffee (or limit), black tea, sugary beverages
- Drink 3+ liters: water, herbal tea. Green/white tea in small moderation

## ABOUT THE AUTHOR



Tamas Bedo is one of the most accomplished transformative coaches in Hungary. He has worked with hundreds of individuals from some of the most challenged to the most successful. His clients are outstanding performers, including top-level poker players, athletes, CEOs and entrepreneurs.

His work changes lives. Tamas helps people awaken to their innate state of clarity from which place their whole life experience changes. Success becomes effortless, relationships deepen, an inner freedom and confidence emerges and joyful fulfillment becomes more of the natural way of being for his clients.

He has a deep passion for uncovering the principles behind extraordinary performance and living life to the fullest.

He shares the insights gained from his work and research on his website:

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