Running on Empty:

Stop Feeling Stressed-Out, Burned-Out and Living on Take-Out

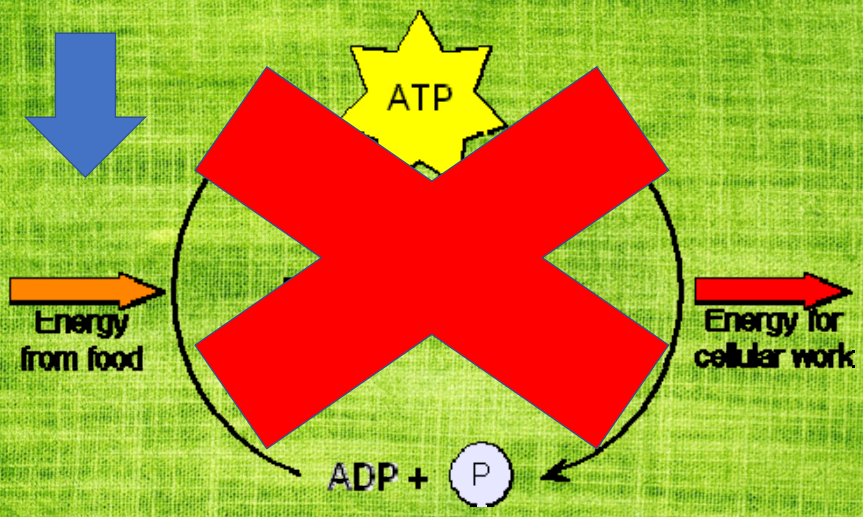
Running on Empty

Running on Empty:
Refueling
Routine Service
Pleasure Drive

Why Do We Get Tired?

The Most Tired Time of My Life

1 Minute Science Lesson



Your Dream Car

1st HABIT REFUEL
Standard CHEVRON
JULY-AUGUST 1958
CHEVRON
SUPREME
PAK 897
HARDWARE
VARIETY

What Do You Do When You're Tired?

Roadblocks and Tips

Caffeine is Addictive

Do you need it or is it a habit?

After the Caffeine

Average Sugar Consumption in US

85 – 100 Grams per DAY
130 Pounds a YEAR

4 Reasons Sugar Robs You of Energy

- Insulin Response Overload
- Damages Immunity
- Messes up Digestion
- Addictive

Roadblocks and Tips

You CRAVE Sugar

Drink Water and Eat Fruit

Fast Food is Often Fake Food

Roadblocks and Tips

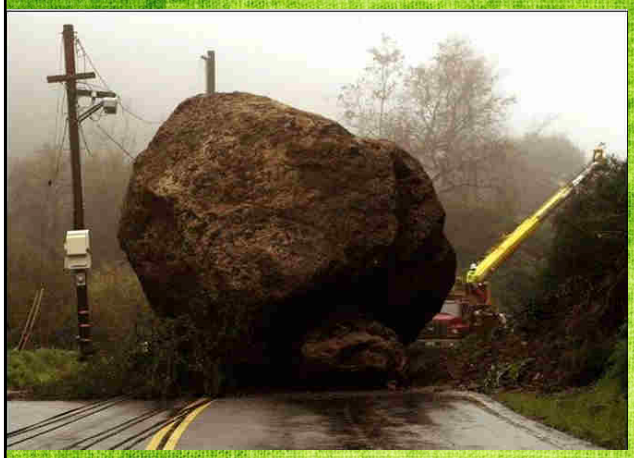
It Tastes GOOOD

Find a Better Alternative

4 Reasons Whole Real Foods Increase Energy

- Plant-Based Compounds – Phytonutrients
- Antioxidants
- Synergistic
- Vitamins and Minerals

Roadblocks and Tips

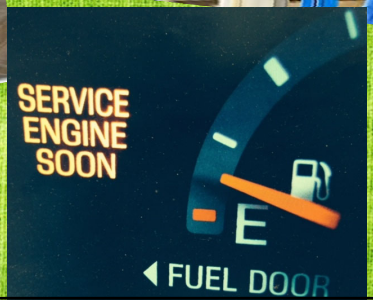


NO TIME

EASIER ALTERNATIVES - PLAN

2nd HABIT: ROUTINE SERVICE

REPAIR and RESTORE



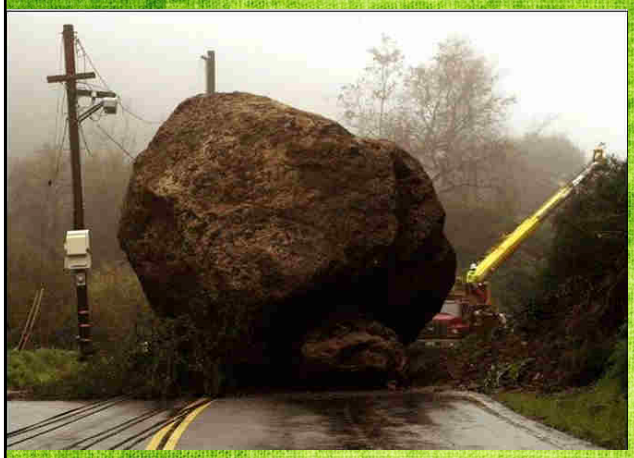
Roadblocks and Tips

Phone, TV, Family

ROUTINE for SLEEP & EXERCISE

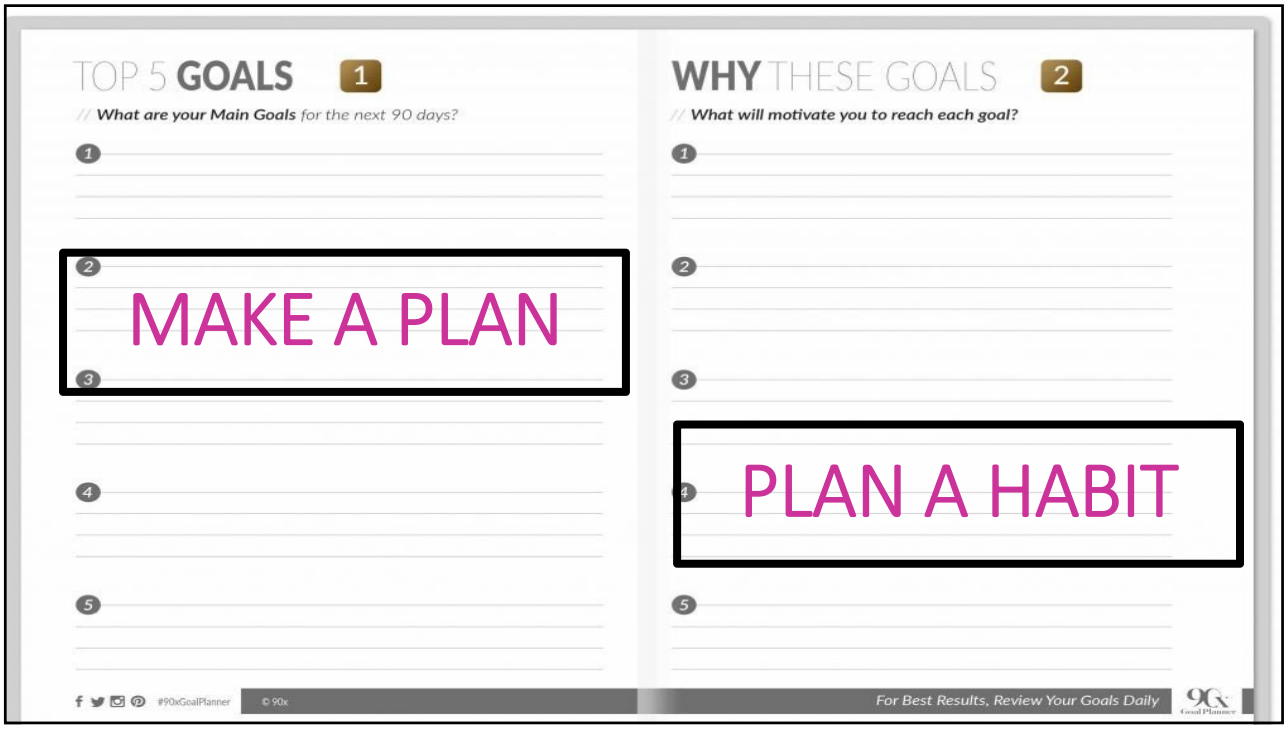
3rd HABIT: PLEASURE DRIVE

Roadblocks and Tips

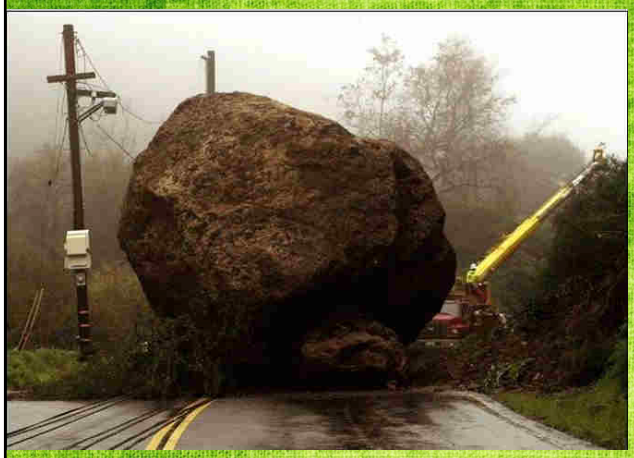


Stress Always Exists

BREATH and DISCOVER



Roadblocks and Tips



NOT FUN

START WITH ONE

What Ignition Will You Turn On?

Based on what I have learned today, I will:

- Decrease sugar consumption
- Eat more real foods
- Address my stress levels
- Plan more for my energy and productivity

Let me Help You!

Kathy@KathyParry.com

Complimentary Session

https://KathyParrySpeakerSchedule.as.me/

www.KathyParry.com

FINAL THOUGHT

It isn't always a big change that makes a difference

Let me Help You!

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