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Do you feel tired halfway through the day? Here are 5 unconventional hacks to naturally 10X your energy so you can achieve more.

Energy is your greatest currency. If you want to perform at your highest level, then you need the energy to do it. Follow these 5 unconventional energy hacks to always feel ready for more

### **1. Supplements**

- a. Modern food lacks the proper nutrients our body needs to perform at a high level.
- b. You need to supplement where you're deficient.
- c. Here are some key supplements that will boost your energy:
  - i. Magnesium
  - ii. Vitamin D
  - iii. B12
  - iv. Ashwagandha

### **2. Morning Sunlight**

- a. UV rays from the sun release serotonin, a chemical that boosts your mood and gives you more energy.
- b. Stand outside facing the sun for at least 10 minutes directly in the morning. Tip: This doesn't work while inside (windows block UV rays).

### **3. Exercise Daily**

- a. "I'm too tired to exercise." No, you're tired because you DON'T exercise.
- b. Exercise increases endorphins, the hormone that makes us feel good and energized.
- c. Create a daily habit of moving your body (walk, pushups, gym) to increase your energy.

### **4. Power Napping**

- a. Scientists have shown that a 20 minute nap gives your mind a reset from information overload.
- b. Taking a 20-minute nap right after lunch gives you the rest you need to keep going.
- c. Wake up feeling recharged and ready to go.

### **5. Visualize your ideal day.**

- a. Visualization allows you to connect your mind and body and create an intention for your day.
- b. When you're intentional about how you want your day to look like, you take focused action towards creating it.
- c. Use visualization to boost your energy.