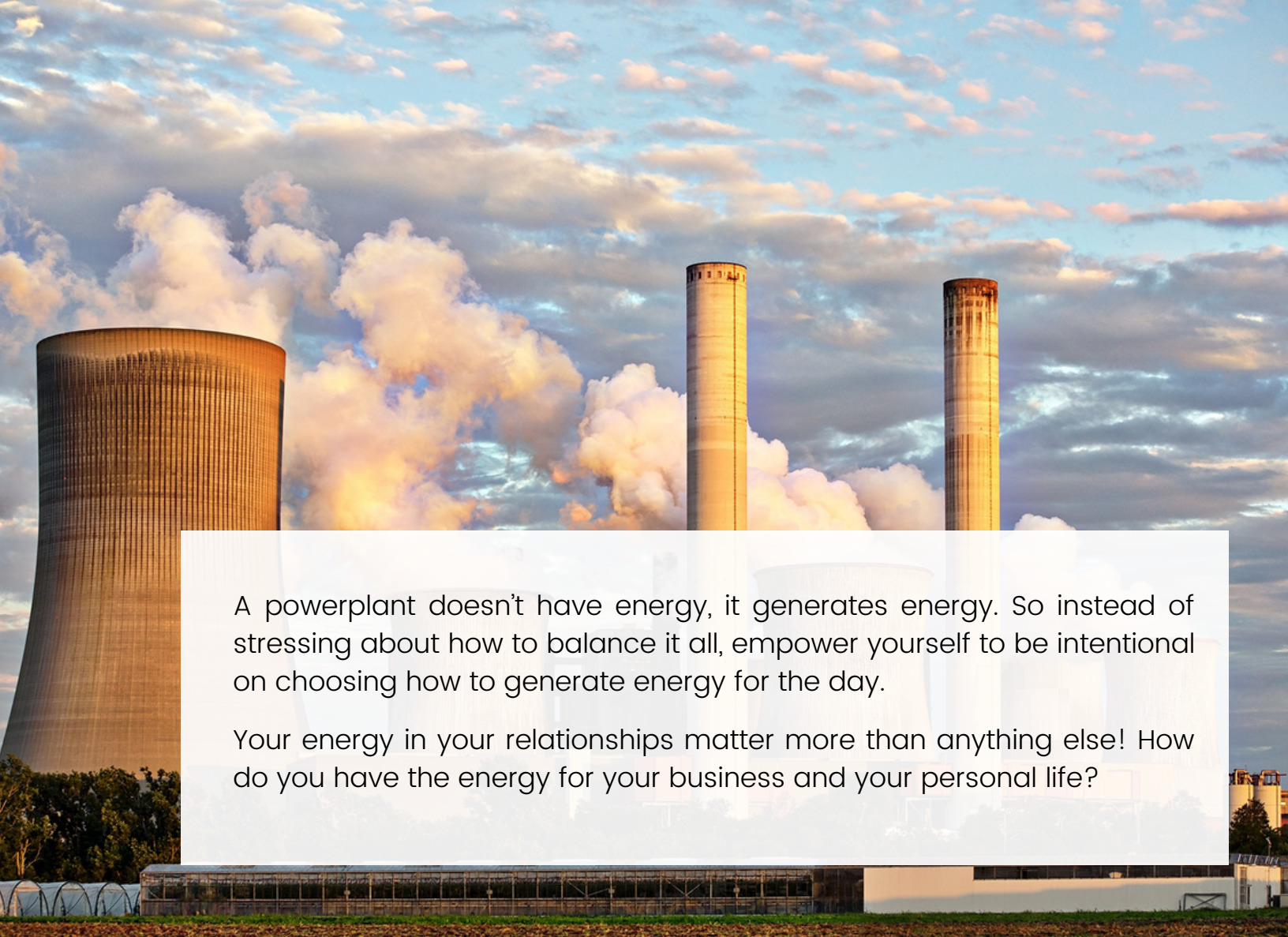




EVA MEDILEK

ENERGY GENERATING HABITS TO STAY FOCUSED AND PRODUCTIVE





A powerplant doesn't have energy, it generates energy. So instead of stressing about how to balance it all, empower yourself to be intentional on choosing how to generate energy for the day.

Your energy in your relationships matter more than anything else! How do you have the energy for your business and your personal life?

Here are 6 things you can do to generate energy for your relationships and your life.

1 Morning Routine

a morning routine wipes out 20% of stress and brings positivity and preparedness for the day.

2 50 Minute Strategic Resets

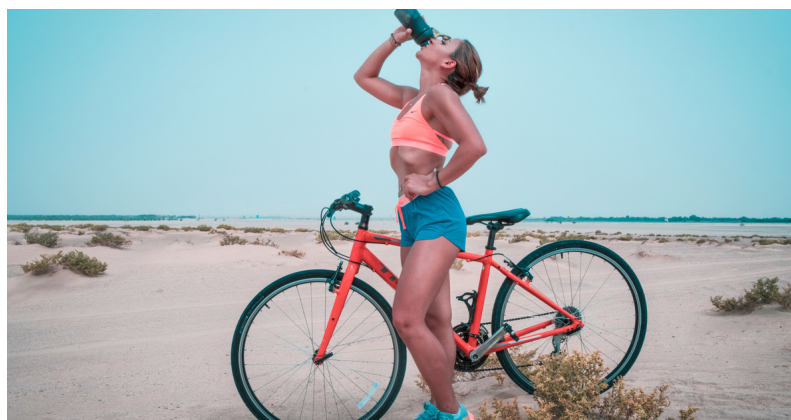
when you reset, everything shifts. Reset and set intention.

3 Eat to fuel and recover

have a performance diet. A diet that is built for the performance needed during the day.

4 Work out at least 5x per week

The world's highest performers work out 5x a week. You gotta move and activate.



5 Brain Supplementation

your experience and life comes from your brain. How you treat other people comes from your brain. Every time you hurt your brain, you hurt your performance. Rest your brain, nourish your brain, be careful what you feed your brain and meditate.

6 Sleep Routine

7-8 hours to optimize your performance

- No food 3 hours before bed
- No work 2 hours before bed
- No screens 1 hour before bed





ABOUT EVA MEDILEK

Eva Medilek is a certified high-performance coach, international speaker, author, and cultural intelligence trainer. She is a graduate of Ascension Leadership Academy, the High-Performance Institute, and the Certified Master Trainer Program.

Eva is the author of *The Intimacy of Race, How to Move from Unconscious Racism to Active Allyship for People of Privilege*. She is the creator of The Intimacy of Race Facebook group, a group that is committed to sharing resources for allies of people of color.

An executive contributor to *Brainz. magazine*, Eva was selected as one of 500 people featured on the Brainz 500 Global list of 2020 and 2021!

Eva specializes in helping busy professionals have more money, time, and success without sacrificing health, well-being, and relationships in the process. She shows her clients that it's possible to have it all without having to do it all.

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