



THE IRON MIND SERIES

# AID STATION

## ENERGY

## REFUEL

*NEVER RUN OUT OF ENERGY TO ACHIEVE GOALS  
AND HAVE GREAT RELATIONSHIPS.*

## *BEYOND RACING*

*15-min easy-to-digest workshop*



## WARM UP

**If you don't run out of fuel,  
you won't run out of energy.**

Great results require high energy:  
*physical, mental, emotional*

Most people know where they live  
physically, few know where they live  
*emotionally.*

And the truth is:

The quality of life depends more on how  
you feel than what you have.

**Every great goal *in life* fuels  
on "energy".**



## ***Audit Your Fuel of Choice:***

Your emotional state fuels your results.

List and classify all the emotions you experience in a typical week:

- *Empowering emotions*
- *Disempowering emotions*

What emotion dominates your week?

What's the split between empowering and disempowering emotions?



## ***Upgrade Your Story:***

Behind every emotion is a belief or *story*.

*For example:*

Stress → “This is too much.”

Fear → “I might fail.”

What if that story isn't true? Can you create a more empowering story?

Fear → Courage

Change the story to change the emotion.



***Focus on  
State over Strategy:***

Even the best strategy fails when you're in a lousy mood.

The body is the fastest way to break your emotional state through: *movement, posture change, breathing*

What is one way to INSTANTLY change your state through your body? As little as a couple of seconds.

What is one way to CONSISTENTLY change your state through your body? As little as 10 minutes daily.



# Aid Station Energy Refuel:

- ✓ Emotional fueling drives success (*Fuel of Choice*)
- ✓ Break up with unhelpful emotional habits (*Your Story*)
- ✓ Use body-based actions to shift your state (*State over Strategy*)

**Outcome:** More energy, better emotional regulation and stronger performance.



**Apply it**

**today**

**tomorrow**

**and every day.**

