

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 or do.

**Every great goal *in life* fuels
on “energy”.**

EXERCISE 1 (5MIN)

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?

EXERCISE 2 (6MIN)

Upgrade Your Story:

Behind every emotion is a belief or *story*.

For example:

Stress → “This is the industry.”

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.

EXERCISE 3 (4MIN)

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.