

Work-Life-Energy Now!

Energized for Excellence


EXCELLENCE

'eksələns/
noun


The quality of being outstanding or extremely good.

CLARIFY

How does excellence already show up in the work you do? 

What are you celebrating? 

What will excellence look like for you in 2016? 

Which areas of your life do you wish to improve? 

ENERGY

'enərdjē/
noun

The current in you that informs your path forward: What you accomplish, how you feel, and what you believe you're capable of.


PROTECT

“The difference between successful people and very successful people is that very successful people say ‘no’ to almost everything.”

~ Warren Buffett

Time is your inventory for success, life balance and all the things you want more of. Every time you say YES to something that is not in alignment with your goals you slow your progress forward.

Be fiercely protective of YES.

What do you need to say no to? What do you need to let go of? 

POWER UP

“High-performers embrace career excellence but also maintain physical health and emotional wellness - no matter what - because they know the combination is vital for success.” ~ Michelle Cederberg



Michelle Cederberg, MKin, BA Psyc

Certified Speaking Professional | Certified Exercise Physiologist | Certified Professional Co-Active Coach

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POWER UP

M.E.S.H. for Health

Move more

Eat healthy most of the time

Sleep at least 7-8 hours per night. *Sleep your way to the top!*

Hydrate with at least 8 glasses of water daily

Take small steps in each of these areas every day to gain more energy. Small consistent, daily steps will get you further than one great big leap every couple of weeks or so when energy and time are high.

PAUSE

Are you Mind FULL or Mindful?

First Thing Focus – *How you start your day is a game-changer. Take 5-10 minutes at the start of the day to check in and set your priorities before you check email. If time allows, start on the first task.*

Prioritize Progress – *Throughout the day, pause and ask yourself "Am I doing the right work on the right things right now?" Reset if you have to.*

Take Breaks – *Productivity is directly connected to energy. Breaks allow us to clear our heads and come back to the task at hand with greater focus. Walk, read, have a conversation, ... anything that doesn't involve your devices!*

Breathe – *Take it off default now and again. When stress is mounting or you've got to blow off steam, pause and take a few slow, deep breaths. For on-going help try meditation. www.headspace.com is an App I use to help me with this!*

PLAN for SUCCESS

The key to excellence lies quite simply in choosing to do the work. Be a stand out by doing what other people aren't doing or don't want to do.

What's one thing you'll do differently starting today, to get Energized for Excellence? ✍️




"We are what we repeatedly do. Excellence then, is not an act but a habit."

~ Aristotle.



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Quick Energy Quiz

Rate yourself on each of the questions below by clicking in the appropriate circle to the right.	 YES (I got it going on)	 SOMETIMES (I'm hit and miss)	 NO (I'm stuck at STOP)
1) I have enough energy to get through my day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) I'm generally happy and I like my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) I get satisfaction from my career or chosen path	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) I feel good about my current level of physical health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) I exercise at least three times each week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6) I drink enough hydrating fluids each day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7) I am happy and realistic about my eating habits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8) I generally make good food choices through the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9) I avoid skipping meals throughout the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10) I regularly get enough sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11) I am a non-smoker and avoid second hand smoke	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12) I regularly find time for myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13) I have hobbies I enjoy and engage in regularly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14) I generally manage my stress well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15) I laugh daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16) I rarely worry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17) I get tasks done in a timely manner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18) I have someone I can talk to when I need to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19) I regularly find time for my family and friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20) I am responsible with my spending	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Which color stands out most for you?

Great with **GREEN?** If you've 'got it going on' with most of your responses you should be proud of yourself! Don't rest on your laurels though. Take a look at any yellow or red responses and give them a bit of attention. Give yourself a pat on the back and keep up the good work.

Hello **YELLOW!** Flashing amber means *pay attention something is about to change*. If you answered *sometimes* to a lot of these questions it's either because you're improving yourself and going green, or because you're falling off the wagon and headed for red. Your goal is to create more consistency with your yellow habits so they shift to green.

Seeing **RED?** If most of your responses have you stuck at STOP it's time for a serious *energy injection* in your life! The good news is you now have a better idea of what you need to work on, and by completing this quiz you've started on the path to a healthier, more energetic life. Work to improve one or two habits at a time.



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Health and Productivity Expert Michelle Cederberg galvanizes people to blaze their own path and live a bigger life. An in-demand speaker, author, health expert and life coach, she empowers clients to break down the physical and emotional barriers that get in the way of growth - in business and in life.

She holds a Masters in Kinesiology, a BA in Psychology, a specialization in Health and Exercise Psychology, is a **Certified Exercise Physiologist (CEP)** and **Certified Professional Co-Active Life Coach (CPCC)**. She truly combines mind, body, and practicality to inspire change!

A natural storyteller, **Certified Speaking Professional (CSP)** Michelle transports delighted audiences on a journey of truth and laughter that will empower them to optimize energy and health, find better work-life balance and gain momentum toward the personal legacy they long to create. Michelle is the author of three books. Her latest literary spark plug, *Energy Now! Small Steps to an Energetic Life* shares her philosophy in an eye-opening and practical way, with methods that make a difference.

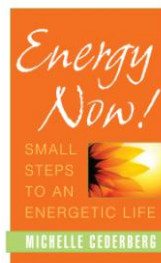
Michelle's Books



GOT TO IT journal and **If Your Life Sucks It's Your Fault** mini-book

Available at Michelle's sessions or on-line at:

www.worklifeenergy.com



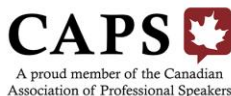
Energy Now!
Small Steps to an Energetic Life

Available at Michelle's sessions as well as online and in bookstores everywhere.

To learn more about one-on-one coaching with Michelle visit

www.michellecederberg.com/about/coaching

WORK-LIFE BALANCE • STRESS MANAGEMENT • INCREASED PRODUCTIVITY



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