

*More*

**ENERGY**

**NOW**



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## MORE ENERGY NOW!

Thank you so much for downloading my free gift to you, ***More Energy Now!*** Please keep in mind that the information contained in the audio presentation and this companion handout is intended for informational purposes only. Please consult a licensed physician or other professional before making any significant changes to your diet and/or lifestyle.

## MORE ENERGY NOW!

*This document is a companion to the audio presentation. On these pages, you'll have the opportunity to answer questions that can help lead you to "aha moments" and positive, healthy solutions to attain more vibrant energy and health.*

*Are you ready to begin? Here we go...*



## Energy Audit!

What are your energy levels like right now, today?

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How are your health and energy affecting your life on a day-to-day basis? Are you generally able accomplish most things you set out to do or are you struggling to get through your day?

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What does your ideal day look like in terms of how you feel, how much energy you have and what you're accomplishing?

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Think back to a time when you felt you had a good amount of energy and good health. What was your lifestyle like at that time in your life? (Where were you living, what were you doing, who were you doing it with etc.)

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# Exercise

How active are you right now (e.g. couch potato; walk as little as possible, only to get from point A to B; light exerciser - 20 minutes 3x/week; keeping healthy by exercising 5x or more per week for 40+ minutes; exercise fanatic)?

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Why are you at this activity level? What motivates your behavior?

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What forms of physical activity appeal to you? (You can read [this article](#) to help get inspired.)

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What physical activity/activities are you willing to commit to in order to start feeling better and more energetic? Remember, it's good to challenge yourself but don't overdo it!

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Who do you need to help you or what do you need to do in order to keep your commitment to these activities?

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What rewards will you reap by sticking to your physical activity goals?

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Are you excited about these rewards? If not, what additional (healthy) reward could you offer yourself as incentive?

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# Sleep

Do you feel refreshed when you wake up in the morning? If not, when do you feel your most awake?

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What measures are you willing to take to create a regular sleep schedule (if it isn't regular already)?

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What bad habits might you be engaging in that are compromising your sleep? Here are some examples:

- Drinking caffeine after 2pm (or at all)
- Pushing yourself to stay up past the time when you feel most sleepy
- Drinking too much liquid a couple hours before bed
- Not eating a nutritious, filling dinner or forgoing a healthy evening snack
- Watching TV in bed
- Watching TV shows or doing activities that stimulate rather than relax you
- Not letting go of all the things that are on your mind
- Sleeping in a bed that is uncomfortable or in a room that is too cold or too warm
- Napping during the day...or too late during the day



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# Stress

Are you under chronic stress in your life? If so, what are the specific stressors causing this chronic stress? Describe them in as much detail as possible...you may need more paper!

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What positive, healthy solutions can you think of to decrease the impact of (or, if possible, eliminate) these stressors?

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How would a change in your attitude, perspective and/or skills affect the impact of these stressors? Would you be willing to explore this as a solution - why/why not?

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If so, what steps will you take to take to change your attitude, perspective and/or skills?

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### Nutrition

What role does food play in your life? We want to get beyond the obvious here - for example, do you use it to comfort yourself when you're sad, anxious or bored; do you only care about taste and pleasure or do you think about your food's nutritional value and what it's doing for your body? Be as detailed as possible!



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Do you listen to your body's signals? For example, do you only eat when you're hungry - and eat only enough to satisfy that hunger - or do you eat according to other cues/factors?

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What are the biggest obstacles (if any) keeping you from eating less-processed, more wholesome foods - especially vegetables?

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How do you feel about cooking your own food? What do you like/dislike about it?

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Do you get unpleasant symptoms (gas, bloating, cramps etc.) after eating? If so, have you identified the specific foods causing these symptoms? (**You can use the food diary template on the last page to help you.**)

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The answers to these questions should help you get in touch with where you are right now....and figure out where you want to be. Journaling (which is pretty much what you've been doing here) can be a powerful way to access the wisdom, creativity and resourcefulness you have within you.

If you find that you need extra guidance and help, don't hesitate to ask for it! Having a doctor you respect and trust is essential. Beyond that, you may want to find someone who has time to really listen to you and help you to dig deep. This person may be a trusted friend or family member, therapist or health coach. In my experience, having a supportive spouse, nutritionist and health coach (not all one person!) helped me make progress in leaps and bounds...mostly by staying motivated and accountable.

# Clean Up Your Diet

the non-cleanse, non-detox  
& non-diet program  
*a 21-day online event*



Learn how to eat, what to eat + why to eat it.

**If you're serious about getting your health on track as quickly as possible** - without spending thousands of dollars, like I did - I'd love to invite you to join my 21-day program - [\*Clean Up Your Diet.\*](#)

In this program, I'll teach you how to eat, what to eat and how to eat it. You'll learn all about bioindividuality - which is how to choose the very best foods for you, as an individual. You'll get lots of recipes to choose from and learn how to cook simple, yummy and healthy meals at home - *quickly and affordably.*

**This program also includes supplements that can help improve your digestive health and fill in any nutritional gaps you might have.**

Best of all, you'll have my personal support through the online forum and you can also learn, connect, grow and stay motivated on the forum from your new like-minded friends who are also in the program.



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For all the juicy details about *Clean Up Your Diet*, visit [ArtfullyNourished.com](http://ArtfullyNourished.com)

Thank you so much for joining me here! Remember: if you really want to gain your energy, health and life back it's not a matter of IF but rather, WHEN. Keep striving to find the knowledge and people who can help you get back on track and don't give up until you do. Because once you reach the other side, you'll be stronger for it and in awe of how wonderful life can really be.

Wishing you all the good health and vitality you deserve!

xo *Maria*



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## Food Diary

Date: \_\_\_\_\_

MEAL & TIME	FOOD & BEVERAGES	EFFECTS
E.g. Breakfast	(list in as much detail as possible) E.g. 2 fried eggs in coconut oil 1 pice of Udi's gluten-free bread with 1tsp Earth Balance 1 cup of Earl Grey tea with coconut milk	(note physical and cognitive effects) E.g. Felt a bit foggy headed immediately after eating 2 hours later, still felt full and quite energetic. 3 hours later was hungry and a bit shaky.
SNACKS	FOOD & BEVERAGES	EFFECTS

Amount of Water Consumed: