

A CALL TO LEADERSHIP STARTS WITH LEADING FROM THE INSIDE OUT

FuelBetter Formula Learning Lab

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THE FIRST THING THE ENTREPRENEURIAL FEMALE NEGLECTS IS HERSELF

*IT MIGHT WORK FOR A WHILE BUT EVENTUALLY SOMETHING SUFFERS
AND IT'S USUALLY WHAT TRULY MATTERS: YOUR HEALTH, YOUR
RELATIONSHIPS, YOUR MENTAL HEALTH*



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HOW TO BUILD A BUSINESS WHERE SELF LEADERSHIP COMES FIRST



A SERIES OF UNFORTUNATE PRIORITIES....

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WHAT'S MOST IMPORTANT?
TIME
MONEY
NETWORK?
Let's get started!
YOUR OWN PERSONAL ENERGY

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What do most entrepreneurs deal with?
Chronic worry
Overdelivering and undercharging
No boundaries
Long hours
Neglecting the basics of care: sleep, movement,
supplements, sunshine, whole foods.

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I SHUT DOWN MY FATIGUE AND LOW ENERGY COMPLETELY!


IMPROVING MY GUT HEALTH, MANAGING MY BLOOD SUGAR AND DISCOVERING MY UNIQUE FOOD INTOLERANCES CHANGED IT ALL.

Brain Emotions Patterns Creating Consciousness	Digestion Gut health Inflammation Food intolerances Blood sugar	Detoxification Holistic Home Selfcare Sleep Environment Playfulness/Movement
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**IT'S NOT CALORIES, IT'S HORMONES.
ARE YOU LIVING MOST OF THE TIME OFF OF STRESS
HORMONES:**


*This one hormone in your body is having a huge impact on your energy, focus and sleep.
Until you manage it, you will be tired, wired and crave sugar and carbs for energy.*



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Your adrenals are meant to help you out in times of stress.

*But when stress becomes your normal state, your body perceives life as a threat.
A brain that feels threatened will tell the body to put on weight, to slow down, to think less clearly.
Your body does not hate you. It's trying to save you.*



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**ADRENAL FATIUE
ADRENAL DYSFUNCTION**

**POTATOE POTATO
IT'S FEELS LIKE TIRED**

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Life in the Fast Lane

Stress is good. Stress is necessary. Sometimes.
It's the thing that makes us run from the tiger.
But modern life means endless, low-level, unabated stress.
Some of us see tigers everywhere we go.
Especially after trauma, loss or grief.
The body does not reset.
This agitation of the mind sets up a chain reaction in the body.

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Energy and weight loss is what the body will allow

Not what you force.
The body's only job is to keep you alive.
It doesn't care if you are happy, have plenty of energy or are creative.
Digestion and absorption powers the energy in our cells.
When digestion is not working, the body throttles you back.
Nutrients are not absorbed.
Toxins from food that is not properly assimilated go into the blood stream.

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A Rabbit being chased by a wolf....

Doesn't have the time or luxury for digestion
Or hormones
Or clear thinking
Or Energy

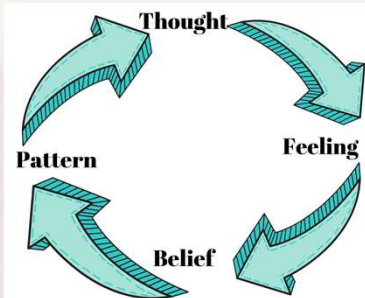
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Your resistance is going to be your biggest
obstacle
because the mind likes it's stories...

Neurons that fire together wire together.....

-Joe Dispenza

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Creating Consciousness
One small daily habit to
cultivate mindfulness is how we begin
to change our patterns.

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Practicing the 4 C's

1. Consciously observe
 2. Connect to the thought with love and acceptance
 3. Chose the feeling that you want to feel.
 4. Create: Change your thoughts to what you want to feel. Match that. Magnetize that.
- This happens best in theta: visualization, meditation, prayer, journaling.

Then let go of the outcome.

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To do:
Practice the 4 C's whenever you feel
overwhelmed.

Future Self Journaling Daily to create awareness

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Little tiny actions

Build the Big Result

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