



YOUR GUIDE TO



Performance Hacks

Increase your performance by implementing these hacks so you can build your dream life on your terms... without the hustle!

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In 8 years of running an online business while juggling life with twins, the morning routine has evolved over time. With this past year, I have seen EXPLOSIVE ENERGY and LASER FOCUS in my days.

I went from exhausted, 2pm latte drinking brain fog mom squeezing snippets of work throughout the day to energized, mentally focused and coaching for a 7-figure business all while homeschooling our twins, the Gillies.

Here's the beautiful part about this, the transformation didn't take more HUSTLE... sweet, right?

However, it did take focusing on my habits... just 1% at a time.



This is what I'm here to help you with. [This is not your grandmother's biohack-your-day guide.](#)

In fact, this isn't about trying to do ALL the things ALL at once. Heck, no one can do ALL the things ALL the time. It's simply about doing your best, every single day. No matter WHAT the season you are in, love.

Some days, you are going to be channeling ALL of the WONDER-WOMAN vibes which is awesome - do your best that day! Other days, you are spraying dry shampoo on your toothbrush because you didn't get enough sleep- fantastic! Do your best that day, too, even if that means wearing stained-sweatpants and eating popcorn for breakfast.

My goal is to help women entrepreneurs have more "natural" energy throughout the day while providing hacks on how to use this boundless energy plus their time more efficiently. Why? Because I know you don't LONG to stare at a computer screen all day. There are other things tugging at your heart... you want to be fully present with your kiddos, take your pup for a walk or heck, maybe even just chill out for an hour or two with a good book.

Yes, we want to create an impact in our business and serve our audience... but your time and energy do not need to suffer because of it.

See, our time and energy is our biggest currency which is why I am passionate about helping YOU generate more and use what you have more efficiently. No more burnout. No more brain fog. No more hustling to just get by.

[It's all about your habits, love.](#) What do you have to lose?

PART 1: ENERGY ZAPPERS

IDENTIFYING WHERE YOU ARE LOSING ENERGY

THIS is the biggest missing piece with anyone's "setting a new habit" process: they try and create a morning routine to help them start their day on the right foot without first identifying where they are actually zapping energy or losing energy in their current morning routine. That's like trying to wash a car without rinsing off the mud first. It actually limits your full potential!

And

but a LARGE amount of your energy most likely being zapped before you even have your morning cup of coffee.

Most of us are starting our day being plugged into social media, emails or daily news which automatically switches our brain to a defensive state. And as the day goes on, the brain is constantly in a "fight or flight" status unable to fully relax which leaves us feeling anxious, tired and maybe even frustrated.

WOULDN'T IT BE NICE TO RELEASE THAT FEELING? WOULDN'T IT BE NICE TO FEEL RELAXED AND MENTALLY FOCUSED AGAIN? WITH NO BRAIN FOG?

Unless you would like to continue on the "mentally foggy, 2pm coffee latte drinking and frustrated" daily feels, take the time to do Part 1 which is all about IDENTIFYING THOSE ENERGY ZAPPERS!

TAKE A BEAT TO VISUALIZE YOUR CURRENT MORNING ROUTINE.

IDENTIFY THE ENERGY ZAPPERS...

AND LET'S BIOHACK YOUR DAY!

Now, let's get started, love! Simply write down your answers to the questions below either directly onto a printed page OR on a separate piece of paper. And let's not skip out on actually taking a beat to do the work-- the transformation is in the WORK, so DO this step!

I would absolutely LOVE to see your work and cheer you on, so make sure to take a screenshot of your work (**BONUS POINTS:** take a video of you doing this exercise) and tag me on social media, [@dr.amberlangleygill](https://www.instagram.com/dr.amberlangleygill)!

QUESTION 1: WHAT TYPE OF ALARM CLOCK DO YOU USE?

BIOHACK:

By using a mobile device as an alarm clock, you will begin the day by resisting the urge to "plug in" to the world around you. It will take a lot of willpower to not tap into social media, check your DMs or even respond to emails. **INSTEAD:** Consider using an old school alarm clock or an alarm clock which gradually wakes you up instead of a mobile device.

QUESTION 2: WHAT IS THE FIRST THING YOU DRINK IN THE MORNING?

BIOHACK:

Unless you have a medical condition which causes you to "sleep drink" (is that even a thing?) Then you are most likely a wee bit dehydrated first thing in the morning since like most of us, we have been sleeping for 7-8 hours without a drink of water. However, most of us are rushed in the mornings and quick to grab a cup of coffee instead of a glass of water. Drinking caffeine which is a natural diuretic causes us to get even more dehydrated. This can lead to headaches, constipation, changes in our moods and depletion of energy. **INSTEAD:** Consider keeping a bottle of water near your bed so when your alarm goes off, you immediately reach for the water instead of the cup of joe first thing.

QUESTION 3: WHAT WAYS ARE YOU FEEDING YOUR MIND?

BIOHACK:

It's so easy to nowadays to immediately plug into our phones for a podcast, audiobook or music. **INSTEAD:** Consider going "device-free" for the first 2 hours of the morning and feeding your brain with affirmations, gratitude journaling and reading (ie. personal development books).

PART 2: ENERGY BOOSTERS

GENERATE MORE ENERGY WITH THESE FEW BIOHACKS

If you have completed Part 1, now it's time to create a GAME PLAN for you to generate MORE energy first thing in the morning. It's important to note YOU do what is right for you and to remember to feel into these exercises. This isn't about doing ALL the things, right? We talked about this. Just pick one of these biohacks up, try it on like a new pair of jeans and see how it feels. If after a week or two, it's not for you then pick up another.

This exercise isn't about getting overwhelmed, stressed or even frustrated with yourself. It's about helping YOU create more energy so you can be mentally focused + ready to tackle what the day brings!

Ok, you ready, love? Let's do this!

QUESTION 1: WHEN IS THE LAST TIME YOU GOT IN THE DIRT?

- HAVE YOU HEARD OF THE TERM "EARTHING" OR "GROUNDING"?

BIOHACK:

This is a fun way of saying put your feet in the dirt. I am serious! This process transfers the Earth's electrons from the ground into the body may have numerous health benefits such as better sleep, reduce inflammation, improve mood, boost energy and immunity. It is time to ditch the socks! **INSTEAD:** Consider going outside for a few minutes every morning and put your feet in the soil. Better yet play outside barefoot. If you leave in a tundra, like we do, there's always an option for a "grounding mat" for indoors.

QUESTION 2: HOW ARE YOU GOING TO MOVE YOUR LYMPH TODAY?

BIOHACK:

Your body has two main flow systems, the circulatory which consists of arteries, veins, and a pump (big red, the heart) and the lymphatic. Your lymphatic system relies on MOVEMENT of joints/muscle contractions to keep flowing. **CONSIDER:** A few things to consider to get lymph moving is wear loose clothing (hello, sweats!), foam roll, jump on rebounder or vibration plate, get a massage or even dry brushing!

QUESTION 3: WHAT IS YOUR FAVORITE TYPE OF MOVEMENT?

BIOHACK:

We mentioned above big red (the heart) and the circulatory system. One of my favorite ways to boost my brain power is to increase oxygen delivery to the brain. And how do I do this? By adding a few minutes of movement into my morning routine. Now, I'm not saying you need to go full out with an hour long cross-fit workout. (If that's your thing, you do you, boo!). Movement to me in the morning looks like 10-20 minutes of either yoga, walking the dogs, taking a cycle class on Peloton or doing a mixture of burpees and squats. **CONSIDER:** Adding 10 minutes of movement to your morning routine to get a boost of brain power. Remember, movement should be something that brings YOU joy... because if you don't like doing it, you may not KEEP doing it!

QUESTION 4: WHO COULD BENEFIT FROM A BIT OF GRATITUDE TODAY?

BIOHACK:

Starting your day with gratitude is a huge mood booster. One of my favorite ways to start my work day is to spend 5 minutes sending love-notes to friends. **CONSIDER:** Before starting your work day, shooting a DM to the first 3 people who pop into your mind. Nothing big, just a quick note!

LET'S WRAP THIS UP...

It's important to remember that the goal isn't to do ALL these biohacks at the same time! It's more important to pick one, try it on for size like a new pair of jeans and see how it fits. Allow your body to adjust with the new biohack for a week or two and spend some time reflecting.

Did you notice a difference in your energy levels? Were you able to be MORE productive during your work hours? How was your mood in the afternoon? Really take note.

My morning routine has evolved over time and even includes a few more which are not included... but let's not overwhelm you. The point is, I took one biohack at a time and implemented into my routine.

Once that biohack was implemented then I stacked on another and then another and then another.

STACKING BIOHACKS ON TOP OF ONE ANOTHER IS A BRILLIANT WAY TO IMPLEMENT A NEW ONE AND STAY CONSISTENT!

What do I mean by stacking? Simply take one habit that you do consistently every morning such as brushing your teeth. Now, think about which biohack you would like to stack on top of this one? Let's use "movement". So, place your shoes in the bathroom when you brush your teeth at night. This way, when you brush your teeth in the morning you notice the shoes and lace up for your movement as soon as you finish brushing your teeth! Got it?

Fantastic, love!

You put in the work by answering the questions and discovered biohacks to help YOU create more energy throughout the day PLUS identify what could be zapping your energy first thing in the morning!

And here's the thing, what works for her, me or him MAY not be the best thing for YOU... so try it out, take the biohacks for a spin and listen to YOUR body. One of my absolute favorite things to do is brainstorm biohacks for my clients to start implement and to identify their energy zappers. Now, you know where to look... there's no doubt you will be feeling energized, laser-focused and crushing those goals!

Grit + Gumption,
ALG.

NOTE: Remember to keep me posted with a video of you implementing your biohacks + tag me [@dr.amberlangleygill](https://www.instagram.com/dr.amberlangleygill)