

Title: Energy Booster Checklist

Subtitle Unlock your energy potential. Assess your path to long lasting energy.

Welcome Letter

Hey there!

I'm Jaini, and I'm on a mission to empower individuals to master their emotions, make mindful food choices and harness the power of their mind to live vibrant, joyful lives. I envision a world where healthy habits become the norm, and everyone thrives with energy, great health and happiness.

I want to support you to revolutionize your relationship with food so that you can wake up feeling refreshed, energized, and ready to conquer the day. If you're tired of feeling tired all the time, relying on caffeine or snacks for a quick fix, and longing for a constant surge of energy to tackle your to do list, have time for your hobbies and be active, then you're in the right place!

This checklist is your ticket to discovering what it takes to have sustained energy and vitality. It's time to say hello to feeling fresh in the morning, picking up that book, going out and playing that sport or being active because you have the energy and say goodbye to exhausted nights, snoozing in the morning and cranky moods because you're tired! Your endless search for answers is over!

On page X, we're busting myths and uncovering the real reasons behind your exhaustion, whether it's those afternoon slumps or feeling groggy in the mornings.

With this handy checklist, you'll be able to see what's missing from your routine to supercharge your energy levels. It's time to reclaim your vitality and thrive in every aspect of your life!

So, if you're ready to bid farewell to fatigue and embrace a life filled with boundless energy and joy, then dive right in. Your journey to vibrant energy starts now!

Main Content

CHECKLIST

1. How often do you experience afternoon energy dips? (1 = Rarely, 5 = Daily)
2. Rate your typical daily intake of caffeine or sugary snacks for a pick me up. (1 = None, 5 = Multiple times per day)
3. How often do you wake up feeling sluggish or groggy? (1 = Never, 5 = Always)
4. Rate the frequency of your cravings for unhealthy foods high in sugar, salt or refined carbohydrates. (1 = Rarely or never, 5 = Constantly)
5. Do you agree with this statement- fat should not be consumed they are bad and will slow me down. (1- don't agree at all, 5- definitely agree)

BUSTING THE MYTHS

Myth: Sugar Provides Energy

Reality: While sugar may offer a quick energy spike, it leads to a subsequent crash due to its effect on blood sugar levels. This means that in the long run you'll be needing more sugar for energy and with steeper crashes happening. The body rapidly metabolizes sugar, causing a surge in insulin followed by a drop in blood sugar, resulting in fatigue and cravings for more sugar. Have you noticed your energy fluctuations becoming worse over time?

Myth: Caffeine Boosts Energy

Reality: While caffeine can provide a temporary energy boost by stimulating the nervous system, if used all the time it can actually lead to fatigue. Do you remember the first time you had coffee or other form of caffeine and felt a surge, maybe your head got clearer, you felt alert? But now, you need a couple of cups and still don't feel that same effect? When you take caffeine constantly you are hammering your natural energy production system and so over time you feel more fatigued.

Myth: Cravings Indicate Hunger

Reality: When you're craving for something, it doesn't necessarily mean you are actually hungry. Let me share a little something here- sometimes what we are craving is a need or an emotion and not food. Plus when we are tired, we're more likely to experience a wide range of emotions that make us crave various foods- typically the ones that will help our state for only a short period of time. You may notice that these cravings over time sabotage your efforts to maintain stable energy levels.

Myth: Exercise Leads to Fatigue

Reality: Exercise is meant to energise you, if you're working out and you feel exhausted after or at the end of the day, then something is amiss in your energy system. Exercise enhances mitochondrial function, leading to increased energy production and stamina. If you're feeling tired because you exercise, then it may be time to take a break and re-focus on how are you nourishing your body and does it have the right fuel to let you feel the benefits of exercise?

Myth: Eating Fats is Bad

Reality: Contrary to popular belief, healthy fats are an essential source of sustained energy for the body. Foods rich in healthy fats, such as avocados, nuts, seeds, fish, coconut oil and olive oil, are energy dense and our bodies can easily and efficiently use this for energy. Unlike carbohydrates, which can lead to energy crashes, healthy fats provide a steady and prolonged release of energy, keeping you feeling satiated and energized throughout the day. Including healthy fats in your diet can enhance cognitive function, support hormone production, and improve overall vitality. Don't be shy to eat fat!

Myth: Energy is Solely Determined by Food

Reality: While nutrition plays a crucial role in energy levels, factors such as stress management, sleep quality, hydration, and mindset also significantly impact energy levels. Adopting a holistic approach to health, including stress reduction techniques and adequate rest, is essential for sustained energy and vitality.

Client Testimonials

- Kiran video on having so much energy (though can I include this in a PDF?)
- Written testimonials gather and insert here.

CTA

What did you score? Based on that, see your next steps below!

Between 19-25

If you scored between 19-25, it seems like your energy is holding you back from living the life you deserve. Lets chat, book a free discovery call so we can get you on the path to renewed energy.

Between 10-18

If you scored between 10-18, seems like you have a handle on some things, and maybe not so much on the others. You're absolutely free to book a discovery call with me if you want to dive deeper. But maybe you'd be supported by having a look at this Masterclass recap for how you can enhance your eating choices for better energy- [insert video link]

Between 1 to 10

You're smashing it and I'm wondering how did you end up with this Energy Booster Scorecard?! It must mean we are meant to meet, if you want to enhance your health journey further or you have other health concerns, lets have a chat!

Book a Discovery Call with me and we can go through your checklist, I'll help you unlock what's happening and during the call I'll share how I can support you in creating a life full of energy.

Official Bio and Picture



Meet Jaini Shah, a powerhouse of transformation and wellness. Once a corporate lawyer, Jaini made a bold pivot in January 2020 to focus on her health. This life-changing decision led to incredible results as she revolutionized her relationship with food. Overcoming low energy, fatigue, stress, burnout, and thyroid issues, she emerged with abundant energy, a thyroid that worked normally, and a renewed joy for life, all within three months.

Her personal journey of transformation inspired her to become a certified WILDFIT coach in October 2020. Driven by a passion for helping others achieve similar breakthroughs, Jaini furthered her expertise by becoming a Rapid Transformational Therapist in August 2022, equipping her with powerful tools to help clients overcome their deepest fears and biggest blocks.

Jaini's dedication to personal growth is evident in her continuous pursuit of knowledge and self-improvement. She attended Mindvalley Live Dubai in February 2023, solidifying her commitment to personal development. Her accolades include being named WILDFIT Prime Member of the Year in 2023 and WILDFIT Coach of the Month in June 2024. Jaini has also been recognized for her contributions as a panelist at the Sarit Mental Wellness Expo in May 2024, What Women Want Summit 2024 and Femme Fest June 2024.

In her coaching career, Jaini has had the privilege of leading over 3,000 participants as a WILDFIT Worldwide Challenge Coach in January 2024 and August 2023. Her expertise and

compassionate approach have made her a sought-after coach, guiding individuals on their journeys to optimal health.

Beyond her professional accomplishments, Jaini is an avid camper and explorer, venturing into the untouched parts of Kenya. Her adventures include camping with elephants, encountering leopards, and hiking to hidden waterfalls. These experiences reflect her adventurous spirit and dedication to embracing life's challenges.

Jaini's personal philosophy centers on prioritizing self-care and health, confidently setting boundaries, and pursuing what once seemed impossible. Her journey from a stressed corporate lawyer to a vibrant health coach serves as a testament to her resilience and commitment to living a life of vitality and adventure.

Join Jaini Shah on a journey of transformation and discover the power of holistic health and wellness. Whether you're struggling with energy issues, seeking personal growth, or looking to overcome your inner fears, Jaini is here to guide you every step of the way. Together, we can rewrite your health story and unlock a life of boundless energy and joy.