

TO BE USED TO ENERGIZE AND  
ELEVATE YOUR LIFE

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# The Peak Energy Workbook

This six-week program will help you reach new levels of happiness, balance, energy, and intelligence using the Scientific Method.



The logo for Summit, featuring the word "SUMMIT" in a bold, black, sans-serif font. To the left of the text is a stylized graphic element consisting of a thick, black, curved line that forms a partial circle or swoosh, resembling a mountain peak or a stylized letter 'S'.



# Workbook for Peak Energy

## Introduction

You need energy to live your best life. Living well in every aspect of your life - personal, professional, family, and health, takes energy. Unfortunately, humanity is experiencing an epidemic of low energy

and low quality lives. Over the next six weeks of self-discovery, you will understand what decisions you need to make to unleash the highest quality of life possible.

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This section contains the simple instructions for starting a Peak Energy discovery group.

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Mapping a path to a constantly improving quality of life.

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With Peak Energy comes responsibility; how will you choose to use the new levels of energy you have earned?

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# Running a Peak Energy Program

This program has been designed to be completed in groups of two to ten people interested in living with Peak Energy. The following basic guidelines will help your group get the most out of your time together.

## Step 01

Find two to ten people who are interested in completing the modules and following the scientific personal testing process. It is better to have a smaller group of engaged peers than a larger group who need more time to prepare for personal growth.

## Step 02

Choose a program administrator to handle calendar invites, schedule event times and locations, and set up group chats. This should be someone who is organized. The group administrator will also send the Behavior Study assignments to the group 2-3 times weekly.

## Step 03

The group will endeavor to complete the week's module by a given day each week. Ideally, this will be the day before the group meets. In each weekly meeting, the group will use the first half of the discussion to consider insights, breakthroughs, and questions from the Behavior Studies

conducted during the previous week. The group will use the second half to discuss the following week's lesson and Behavioral Studies.

### **Step 04**

The following morning, the administrator will send a message to the group launching the first Behavioral Study (2-4 provided in each module). As the group completes the study themselves, they will share their insights with the group through the chat. Your group's success in Building Peak Energy is 100% dependent on the insight gathered from the personal Behavior Studies. The group should be encouraged and supported to share and engage in the discussions.

### **Step 05**

If members of the group would like to join the larger Peak Energy Community in sharing ideas, insight, and encouragement they are welcome to participate in our authorized discussion groups being held on social media. Links to our current official accounts can be found at [www.summitgiving.com/social-media](http://www.summitgiving.com/social-media).

### **Step 06**

After completing the program, the group will consider how they would like to move forward. This can include moving toward certification, helping new members, or continuing to research Peak Energy together through one of our communities. We highly recommend using this program as the start to a new life and not considering the program completion as the end.

# Study Plan

The pace your group considers the program is 100% dependent on your schedule and what pace you agree on. However, most choose to complete the program in six weeks. The following is the recommended study plan for a six-week schedule.

## **Week 01 Introduction to Peak Energy and Environment**

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## **Week 02 Purpose**

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## **Week 03 Feelings**

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## **Week 04 Physical**

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## **Week 05 Moving**

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## **Week 06 Thinking and Living a Life of Growth**

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# Program Modules

To access the program modules, click on the icon below the title. The layout is in two formats: one for mobile devices and one for computers. Choose your preferred format by clicking on the icon.

## Module 01 Introduction to Peak Energy



Click on your preferred device to view the module.



## Module 02 Environment



Click on your preferred device to view the module.



## Module 03 Purpose



Click on your preferred device to view the module.



# Course Workbook

## Module 04 Feelings



Click on your preferred device to view the module.



## Module 05 Physical



Click on your preferred device to view the module.



## Module 06 Moving



Click on your preferred device to view the module.



## Module 07 Thinking



Click on your preferred device to view the module.



## Module 08 Living a Life Of Growth



Click on your preferred device to view the module.





# What is **Next?**

## 1. Question

### **What is next for the group?**

Will you continue to meet, sharing insight and accountability as you grow? Will you allow new people to join and then, as a group, coach them through the program? Or will you decide to part ways and continue your path alone?

## 2. Question

### **What is next for you?**

Will you decide to introduce the principles of Peak Energy to your family, friends, and workplace? Would you like to start a new group, acting as the coach and administrator? Would you like to take another Summit Giving Program like Peak Habits?

## 3. Question

### **Could this be your calling?**

Have you always wanted to be a coach or consultant? Do you love helping people towards breakthroughs in their lives? Perhaps one of our professional Peak Energy or Business Coaching programs could be right for you.