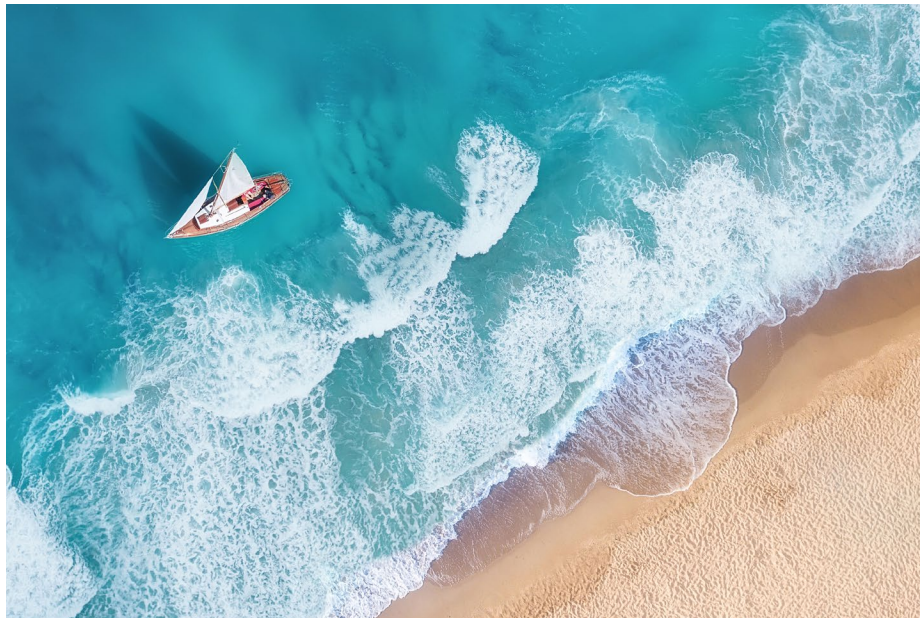


# 3-Day Banish Burnout: Stressless Success Shift™ eBook



Begin to 10X your Energy, Motivation, Confidence, and  
Joy with Zero Stress.

An introduction to High Performance Living based on

Stressless  
Success  
Shift™

Accelerated  
High Performance  
Program

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High Performance Success Coach, and CEO of SanaView

# INTRODUCTION

**The High Performance Institute describes the plight of the high performer as follows:**

High achievers fight long and hard to succeed, propelling themselves forward with hard work and determination and that at some point, they are surprised to find themselves hit a plateau and get stuck, or worse yet, they lose their passion and purpose and their drive. They simply get burned out. Or, some are lost in a sea of too many priorities, distractions or opportunities and they can't get clear and focused on what they should be putting their energy into.

Even though they are highly capable and smart, they live in fear that they will fall behind, never reach the level of success they hoped for or even fail altogether. They're uncertain into today's world on how to get ahead without fizzling out. People want to scale up but they're working too hard and not breaking through to the next level. Or they want to take on bold visions and push their people harder but realize that their people are already burning out. People are worried that if they pursue their true dreams they will wreck their finances, credibility, relationships and their health.

Does that sound like you? Do you limit your vision of the future because you are already so busy, so stressed and overextended because you are trying to get ahead but drowning in chaos? Are you trying to connect with your employees, executive staff, customers, loved ones, but not fully engaging? Are you destroying your health or your relationships in the quest for success? Are you frustrated because you have worked so hard and so passionately but you still are not advancing and still not feeling the joys of true success?

***You're making it harder than it has to be.***

In society, people tend to work late, then stay up watching the late news, they go to bed exhausted, their alarm jolts them out of bed, they wake up irritable and fatigued and start their day with a cup of coffee and a pastry. Is it any wonder why everyone is stressed out, overwhelmed and have failing relationships and poor health? Is it any wonder that so many people are burned out?

Many think to get ahead they need to stress more, sleep less, have less free time and less family time and less joy and more overwhelm. More and more people are running on empty both physically and emotionally and with health issues and healthcare costs on the rise and productivity falling, this is a sure recipe for disaster.

***Something must change and it must happen now.***

Stay with me as I unveil new information as a result of 20 years of research and practical application with proven results in what I call my Stressless Success Shift™; part of my Accelerated High Performance Program.

People think it is too hard and that they don't have the extra time and money to try to eat healthy and get exercise and certainly do not have an opportunity to get more rest or have

downtime. Their plates are already full so there is no room for more things on their to do lists. Actually, it is because of what is already on your plate that is causing these problems, and I don't just mean your food.

If you understood that by creating new healthy high performance habits, you actually save time due to the incredible increase in productivity, while dramatically improving your energy, health and overall physical and emotional wellbeing. This more vibrant you is reflected in better relationships, more positive outlook and more confidence and courage overall. And, all of this translates into a better bottom line for your financial stability and success and for your happiness and longevity.

**The key is to get on a precise Accelerated High Performance Plan to get you immediate results easily.**

What I mean by easily is that the benefits will come easily but it will take some effort on your part to incorporate these concepts into your daily life. By effort, I mean focus and deliberate action. This type of effort expended will actually provide you with more energy and more freedom. Doing these things is not an option if you want to live a better life. If you want to just dabble in these ideas, then the benefit you will get will dabble as well.

I offer this introductory 3-day plan because for some, you can only incorporate a few new suggestions at once or otherwise, you feel overwhelmed. Some of you, however, are not easily overwhelmed and can take it all on at once. But, I do suggest that you at least do this for 3 days so that you begin to experience the benefits.

So, either you build up slowly for 3 days or you do the full list of suggestions for 3 days at a minimum, whichever works best for you. What I would really like to see, though, is that you consider doing these things for 21 days. Science has shown that if you do something for 21 days, then they become new lifestyle habits and you are more likely to stick with them.

The teachings in this Stressless Success Shift™ Plan are **only the beginning** of a more comprehensive program to achieve overall High Performance that I lead individuals and groups through in my Accelerated High Performance Program.

**My clients and workshop attendees always report back that when they follow through with the full program, they experience:**

Efficient Profitable Businesses  
Positive Growth  
Happy Customers  
Happy Motivated Employees  
High Employee Retention  
Less Lost Work Days  
Greater Productivity

Better Health & Fitness  
Better Relationships  
More Energy  
Less Stress  
More Confidence  
Greater Clarity  
More Freedom & Joy

*This is a new way to work and live.*

**WELLNESS IS THE FOUNDATION:  
ENERGY, PRODUCTIVITY AND VITALITY ARE THE RESULTS**

## DAY 1

In order to begin, we must start at the end. What I mean is that we must start with changing the way you end your day. **Getting rest is absolutely key.** Studies have shown that if you do not get enough good quality rest, it is equivalent to being drunk. Masters of their skill have been found to sleep an average 8 hours and 36 minutes. So, is it important to **get between 7 – 9 hours per night** and I highly suggest trying 8 – 9 hours and see how you feel.

*If you've been sleep deprived for a long time, it may take more than 3 days of good quality sleep to feel rested. Or, if you are resting and still feel exhausted, then you may have chronic adrenal fatigue.*

If you have sleep issues or chronic adrenal fatigue, then please contact me at [janet@janetmckee.com](mailto:janet@janetmckee.com) and we will fix those once and for all. These are symptoms to overall lifestyle issues that simply need to be addressed.

**Try to get to bed earlier. Turn off the TV and computer at least 30 minutes before your new chosen bedtime.** Actually, if you really want to improve your life, try getting away from the TV for these next three days. If you really want to improve your life overall stop watching the news all together. The news is mostly dramatized negativity and creates feelings of fear and worry.

Furthermore, if you truly want to become more energized and productive, then why are wasting time in front of the TV anyway? Studies show that people watch an average of five hours of TV per day, which I believe equates to approximately 13 years of their life. This, I simply do not understand.

**Instead, do something positive yet relaxing before bed,** such as read a good book, listen to some of your favorite more relaxing music or take a hot bath. Meditation and prayer are by far some of the most wonderful things to do also before bed or simply write in a journal and fill your writings with things to be grateful for. **Or, possibly read a set of goals you have for your life and for the next day.** High Performers constantly work on their psychology and there is not a better place to set up your mindset for the next day than to establish positive habits and get more rest the night before.

**When you wake up in the morning, try not to jump up and go. Give yourself a few minutes to reflect on the day ahead.** Again, prayer and meditation are powerful ways to clear your mind and bring in peace and positivity. **Also, read your goals and set affirmations that set you up for an amazing day.** Ask yourself intriguing questions like, "What can I be excited about today?"

## DAY 1 SUMMARY

- **DO SOMETHING POSITIVE BEFORE BED**
- **GET MORE SLEEP (7 – 9 HRS)**
- **WAKE AND SET YOUR INTENTIONS AND MINDSET FOR THE NEW DAY**

## DAY 2

**Create an amazing morning routine that establishes the foundation for an amazing day.** Find habits that light you up with energy and positivity for the day ahead. Always, of course after brushing your teeth, **start your day with plenty of fresh filtered or spring water.**

I highly suggest 1 liter or about 32 ounces. I suggest having the first 16 ounces or so plain but consider adding fresh squeezed lemon or lime or some raw apple cider vinegar to the remaining water. Every cell of your brain and body are at least 70% water and so you must be hydrated to be able to think clearly and for your organs to work properly. The raw apple cider vinegar may be too strange for some of you but it does an excellent job of cleaning out your liver and gallbladder while it provides critical beneficial bacteria for your digestive tract to support a strong immune system and healthy digestion.

**Do some stretching and deep breathing to increase blood flow and oxygen, which are also critical for energy and clear thinking.** I have a fabulous 2-minute routine that tones and stretches every muscle of my body, gets my heart pumping, my blood and lymph moving, and my lungs filling with air. I do this same simple yet powerful routine often throughout the day to re-energize myself. I would love to teach this routine to you so be sure to contact me at [janet@janetmckee.com](mailto:janet@janetmckee.com) for advice.

**Do not skip breakfast if you want to have energy the rest of the day. But, do eat a healthy breakfast rich with whole colorful plant foods direct from Mother Nature.** I teach the incredible healing qualities of plant foods extensively on my wellness site at [www.sanaview.com](http://www.sanaview.com).

For the purpose of this document, please know that research has shown that plant foods are the most healing for your body because they are rich with fiber, antioxidants, phytonutrients that support your immune system for a healthy body, have healthy fats and protein and contain zero cholesterol.

**Do skip the simple sugar or processed white flour** as these will give you a blood sugar spike and then cause a crash of both your energy and your mood and emotions, in addition to foggy thinking. This is not just the pastry I referenced in the introduction. Simple sugar and processed grains are found in almost every cereal box on earth.

### **Suggestions include:**

- Fresh Pressed Organic Vegetable and Fruit Juice Combinations (i.e. green juice)
- Healthy Smoothies with Fruits and Vegetables, Healthy Fats and Protein
- Fruit with Raw Nuts and/or Seeds or Nut Butters or a Natural Trail Mix (this is the perfect option for folks who claim they don't have time for breakfast)
- Oatmeal Sweetened with Fruit and add Raw Nuts and Seeds and Cinnamon
- Sautéed veggies with Red Skin Potatoes and top with Chopped Avocado, Nuts and Seeds (with possibly some organic free-range eggs or wild caught fish now and then if you choose)

**I suggest instead that you start your workday writing down your 3 most important goals and anything that must be done to make progress on those goals. Schedule 50 – 60 minute block times throughout your day to accomplish specific tasks that are on your list.**

Start the first block time of the day working on making progress on one of the goals. **Do not start your day with email or social media.** If you have to for your job, then create a morning routine that starts earlier so that you still **OWN YOUR MORNING** prior to starting your work.

Studies have shown that people who start their day with email lose 30% productivity throughout the week. The reason is that email is just an inbox of people asking you to do things that are important to them. These usually have nothing to do with your top priority goals of the day.

**Schedule block times to handle other mundane tasks**, like email, for various times in your day too that make sense for you. Choose your highest productive times of the day to work on those key strategic goals that you contemplated and noted before you do any other work. The High Performance Institute recommends 50 – 60 minute block times and **it is critical that you re-energize between each.**

To re-energize, you must move your body, do some deep breathing, clear your mind and get re-hydrated. Do this instead of grabbing another cup of coffee and see how you feel. Again, I have the most amazing 2-minute re-energizing routine that is so awesome and I feel more motivated when I get back to work.

**Avoid all multi-tasking.** Multi-tasking of tasks requiring brainpower has been proven to not work and even harm your brain. Unfortunately, our brains just are NOT equipped for multitasking tasks that do require brainpower. Our short-term memories can only store between five and nine things at once.

Instead of actually helping you, multitasking works against you by making you less efficient, not more. Each task switch wastes time as you attempt to regain momentum. If you do a lot of switching in a day, you create more errors and rework too and all of this can add up to a loss of 40% of your productivity.

## **DAY 2 SUMMARY**

- **CREATE AN AMAZING MORNING ROUTINE**
- **START YOUR DAY WITH PLENTY OF FRESH WATER**
- **DO STRETCHING, DEEP BREATHING AND CLEAR YOUR MIND**
- **EAT A HEALTHY WHOLE PLANT-BASED BREAKFAST**
- **PRIORITIZE YOUR TOP 3 GOALS**
- **SCHEDULE BLOCK TIMES FOR PRIORITY GOALS AND OTHER MORE MUNDANE TASKS**
- **AVOID ALL MULTI-TASKING OF TASKS REQUIRING BRAIN POWER RE-ENERGIZE BETWEEN BLOCK TIME TASKS**

## DAY 3

**Continue to drink plenty of fresh water throughout the day. Strive to consume at least 3 liters per day. Continue to re-energize every hour and especially between tasks.**

**Continue to choose meals rich with whole colorful plant foods, healthy fats and protein.**

Try a huge salad for lunch loaded with a ton of great veggies, beans and peas or nuts and seeds or quinoa for protein and use healthy dressings.

Why no animal protein here? Well, for many, it is hard to digest and will slow down your energy in the afternoon. If you do choose animal protein, try to get naturally raised beef or chicken or wild caught fish. This is hard to do when eating out which is why choosing vegetarian is best for now until you get home for dinner. Do avoid cheese, though, if you want to feel and look your best.

I don't have time to go into all of the detail here so be sure to contact me directly or spend time on my wellness site at [www.sanaview.com](http://www.sanaview.com) looking at the thousands of articles, videos and recipes.

Is a salad too boring for you? Then put the salad in a wrap or try wonderful vegetarian soups and stews, veggie burgers, rice and steamed or sautéed veggies, sushi, bean burritos (hold the cheese) etc. Even pizza can be fine now and then with tons of veggies and no cheese with a huge fresh salad.

**Please avoid all simple sugar during the day if you want to maintain great energy and clear thinking.** Use whole fruit or one of my fabulous healthy desserts to satisfy any sweet tooth craving.

**Dinner should be along the same line** but can be a bit heavier with naturally raised organic animal protein, whole grain pasta (I love the brown rice and quinoa pasta for gluten free options), or red skin potatoes and veggies etc.

I do have an entire recipe book titled, "Fabulous Recipes for Vibrant Health" with lots of simple yet delicious ideas that I eat daily; including healthy desserts with NO added simple sugar. Yes, desserts and snacks, if done correctly, can be part of a fabulous energizing diet. Please invite me in to your organization or your life to teach you these amazing routines.

It is true that 95% of your body shape is due to the foods that you eat. Yes, fitness is critical for your overall health and wellbeing, but you DO NOT need to spend countless hours in the gym if you simply eat healthy first. Exercise time can be cut down by at least half, if you take my advice. Also, we have found that certain whole body workouts help you to achieve outstanding levels of fitness in only a few minutes per week.

**Try to get outside each day and go for a brisk walk.** Getting out in nature will help to uplift your spirits and you release stress while breathing fresh air. **Choosing fitness routines throughout the week that help to promote muscle tone and cardiovascular health give you the body and health you desire and deserve in no time at all.**

*Learn to fully engage in each thing that you are doing throughout your day.*

Engage in your block time priority activities but also fully engage in each conversation or each thing that you are doing throughout your day.

When you fully engage in each moment, you are far more productive because your mind is not elsewhere on other areas of responsibility or concern.

When you fully engage in each conversation, the people you are conversing with will be highly motivated and look to you as one with great influence. Always set the intention to inspire and motivate your team to advance your productivity by leaps and bounds.

**Schedule time for yourself and your loved ones** throughout the week and fully engage again, when you are with people you care about. A 30-minute fully engaged conversation over dinner replaces hours of unengaged time where your mind is elsewhere on work or areas of stress.

**Pay attention to your thoughts and your mindset all throughout the day.** The world's most successful people monitor their psychology always and strive to choose thoughts that are supportive and positive. Share positive, encouraging and complimentary things with your co-workers and colleagues. By doing this, they will feel more motivated to and thus become more productive helping you to advance your life as well.

***Learn to love the life that you are living and experience thoughts and feelings of gratitude for all that you do have now. When you work to cultivate good energy, good health and a positive mindset today, your tomorrow becomes more fabulous than you could ever imagine.***

## **DAY 3 SUMMARY**

- **CONTINUE TO DRINK PLENTY OF FRESH WATER – STRIVE FOR 3 LITERS**
- **CONTINUE TO RE-ENERGIZE THROUGHOUT THE DAY**
- **CONTINUE TO CHOOSE HEALTHY MEALS FOR LUNCH AND DINNER**
- **AVOID ALL SIMPLE SUGAR DURING THE DAY**
- **GET OUTSIDE DAILY TO BREATHE FRESH AIR AND RELIEVE STRESS**
- **CHOOSE QUICK BUT EFFECTIVE WHOLE BODY FITNESS ROUTINES**
- **FULLY ENGAGE IN EACH TASK AND EACH CONVERSATION**
- **SCHEDULE TIME FOR YOURSELF AND YOUR LOVED ONE TO RE- ENERGIZE YOUR LIFE**
- **CHOOSE POSITIVE THOUGHTS AND MINDSET**
- **LOVE YOUR LIFE – PRACTICE GRATITUDE**



## CONTINUED SUCCESS

Would you like to get consistent results for your business and your life month-in and month-out, year after year?

**If so, you must:**

1. Make the Commitment to Take Action
2. Implement a Proven Strategy and Road Map
3. Hire a Proven Mentor

These foundational tips are just the beginning. Having the entire system is the secret sauce for success. Everyone needs a coach or a trainer. Just like an NFL coach, in my full Accelerated High Performance Program, I'm going to motivate you, inspire you, and challenge you to make the Stressless Success Shift™.

**My Accelerated High Performance Program consists of three parts that can be done all together in a full immersion program for an organization, or any one piece may be executed as a standalone program offering.**

1. Personal Elite Executive High Performance Coaching or Individual High Performance Coaching
2. On-site Group Workshops
3. Monthly Live Online Group Coaching
4. Off-site emPower<sup>3</sup> Leadership+Lifestyle Retreats

**To get access to a FREE trial of my Online Live Group Coaching, visit [freetrial.sanaview.com](http://freetrial.sanaview.com).**

This is the highest form of high performance mentoring in the world. It is more studied, more proven, more tracked with a proven measurable outcome. This is the exact same process that my mentor uses with multi-million-dollar clients like Oprah and Larry King.

I have the process for high performance and I guarantee it. In this program I'm going to teach you how people who live the most successful lives think and their daily habits to master their mind and body. Why you've been stuck, frustrated or exhausted and what to do about it immediately and how to manage your time and focus to dramatically increase productivity.

I'm going to teach you the secrets you must follow to have more influence and how to refine your purpose, get rid of distraction, and finally gain momentum in your life. I will teach you how to reach heightened and sustained levels of performance in all areas of your life.

When you become more energized in your daily life, everything becomes better. This process will help you to achieve levels beyond where you are now because we focus on all of the proven key areas of your life, including Psychology, Physiology, Persuasion, Presence and Purpose.

**Accelerated High Performance mentoring is different from other coaching programs. It is a science-based program where the outcomes are clear. It is a challenge based, forward-moving approach, not just a listen-based, empathy-based coaching program.**

If this improved your productivity by at least 30% would it be worth it?

If this improved employee energy, fulfillment and reduced turnover, would it worth it?

If this improved your bottom line by 10% per year, would it be worth it?

If it improved your outlook, relationships, and your health and gave you more freedom, success and joy, would it be worth it?

***To get on this Accelerated Path to High Performance and learn the secrets of the world's most accomplished people to make the Stressless Success Shift™, then contact me so that you too may get to the next level of living your most fabulous life.***

Now that you've begun to Banish Burnout, it's time to **STRESS LESS AND SUCCEED MORE with Janet's book, *Stressless Success: The Surprising Secrets to a Life of Passion, Purpose, and Prosperity!***

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Have you tried everything and are feeling like the pot of gold at the end of the long-curved rainbow will never be within your grasp?

Are you giving up hope that you can achieve certain goals and therefore feel that happiness and fulfillment will never be your reality?

Or, have you achieved some level of success but you paid a steep price for it and are now afraid to reach further?

Do not give up. Instead, you are to learn a more effective way to strive toward your goals and increase the probability that you'll achieve them, and achieve them more easily. You've just been missing the surprising secret to achieving a successful life, and you're about to be handed the keys to your kingdom. Get ready to unlock the door to your dreams of a dramatically better life.

You have goals and desires such as a new job, more money, a bigger home, a fancy car, and a new relationship and you believe that you'll be happy once you meet these goals. We actually set goals and develop dreams because we believe that achieving them will bring us some level of joy and fulfillment. I certainly don't want to dissuade you from setting goals and striving for success, but I am here to tell you that you have the order of things backwards, and once you adjust your thinking and your energy, you'll achieve happiness more quickly and easily. Yes, you will. And this is what we think of as stress-free or Stressless Success.

Take everything you have been taught about peak performance and set it aside. You're making it harder than it has to be. You probably believe that you must endure more stress and struggle to achieve success, but what you were taught in the past has created the blocks that are holding you back.

Ever notice that when you're at your best, you're in the flow and things feel effortless? You're not struggling to think positive and work harder. You're clear, confident and creative.

Janet McKee calls that state of being "stressless success" and she shows you how to flip your own internal switch anytime, anywhere to unleash your own personal power and productivity. As a Fortune 500 corporate executive who almost died from massive burnout and then rose from the ashes, Janet McKee is dedicating her life to help others succeed without stress.

When you read this thought-provoking, inspiring book, you will learn:

- How to combat today's pervasive negativity and fear.
- Why positive thinking and mindset are not the answer and can be harmful.
- How to quickly find the gifts in any challenge and turn them into gold.
- How to discover your unbelievable power to achieve a life of passion, purpose, and prosperity.
- How to uncover the only goal you will ever need to achieve all that you want and much more.
- Once you know how to combat today's pervasive negativity and fear, you will realize that less stress is the secret to more success. But how do you do that? The answer is actually simple but incredibly powerful, and has been eluding everyone until now.

Hold on tight because once you discover and practice the fresh ideas between the two covers of this book, success, joy, and fulfillment will flow to you easily and naturally.

Stressless Success will leave you with the incredible ability to elevate your thoughts, emotions, and energy in a way that allows your life to flow with ease instead of stress. The time is now to discover the surprising secrets that will change and improve your life forever.

To get access to ***Stressless Success: The Surprising Secrets to a Life of Passion, Purpose, and Prosperity***, along with great **FREE gifts and bonuses**, visit **[www.stresslessuccess.com](http://www.stresslessuccess.com)**.

**Contact Janet to discuss how you can get yourself to the next level.**

This plan is based on teachings from Janet's new book, *Stressless Success: The Surprising Secrets to a Life of Passion, Purpose, and Prosperity*.

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Stressless  
Success  
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Accelerated  
High Performance  
Program

**emPower<sup>3</sup>**  
Leadership & Lifestyle Retreat  
Fuel your passion,  
positivity and purpose.