

30-Day Energy Reset

Even a minute of fresh ENERGY will reset your mindset and focus NOW and beyond!

When you do activities that change your state (like those below) you are flooded with endorphins and other feel-good chemicals. This spark of energy brings massive benefits to your mood, health, and impact on others. When you feel good you naturally show up as a more positive and powerful leader, partner, friend, parent, co-worker, and human. **ENERGY MATTERS!**

Print this sheet and check off the task daily. 	Shut your phone off for two hours. 	Get a new book to build your work skills. 	Do something crafty or creative. 	Create an energy-blast music playlist. 
Take 10 deep breaths right NOW! Do it. 	Play with a pet or spend time with animals. 	Eat a healthy snack to fuel your body. 	List three things you're grateful for right now. 	Add three things to your donation pile. 
Reach out to a new mentor at work. 	Watch a TedTalk on a money topic. 	Go to bed 30 minutes earlier than usual. 	Do a work project success visualization. 	Go outside for 10 minutes and just breathe. 
Drink 3 cups of green or herbal tea today. 	Pick a word of the day and live it all day long. 	Delete two things from your to-do list. 	Get a new self-help book that inspires you. 	Ask a co-worker to coffee or happy hour. 
Watch a documentary with someone. 	Pick out a power crystal like quartz. 	Take a bath with epsom salts or oils. 	Eat or drink power greens right now. 	Listen to a podcast on a new topic. 
Update your LinkedIn profile and headshot. 	Organize your desk and/or workspace. 	Purge your email inbox, texts, and DMs. 	Listen to a meditation or chill music. 	Drink a giant glass of water right now. 

GET MORE ENERGY-BOOSTING IDEAS!

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