

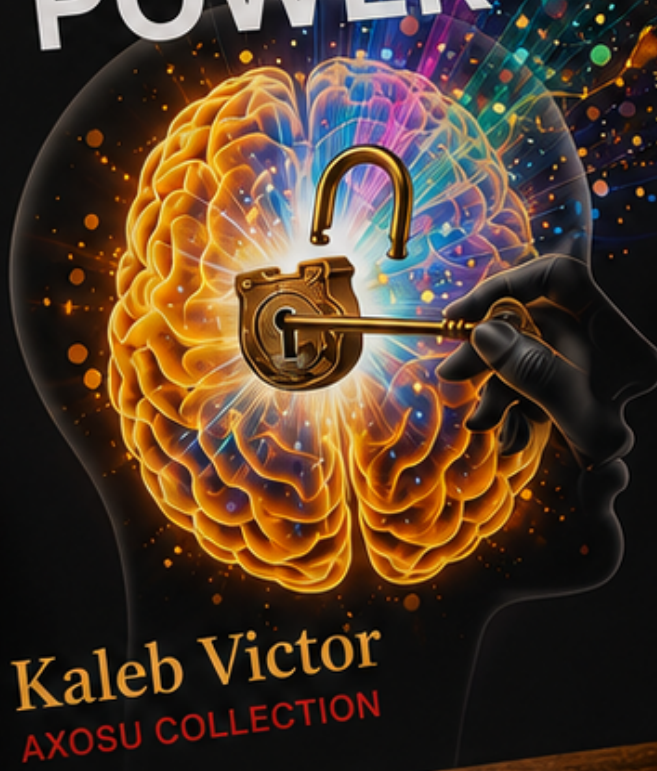
AXÔSU COLLECTION

PERSONALIZED GUIDE

21 DAYS TO MASTER YOUR ENERGY

Your transformation coach, day after day

ENERGY: THE INVISIBLE POWER



MASTER
YOUR ENERGY
MASTER
YOUR LIFE !

Daily Plan

- ✓ Wake up early
- ✓ Workout
- ✓ Meditate
- ✓ Read
- ✓ Deep Work
- ✓ Help others
- ✓ Review & Improve

Key Reminders

- ✓ Protect your energy
- ✓ Focus on what matters
- ✓ Be consistent
- ✓ Discipline > Motivation
- ✓ Think long term

This guide belongs to:

HOW TO USE THIS GUIDE

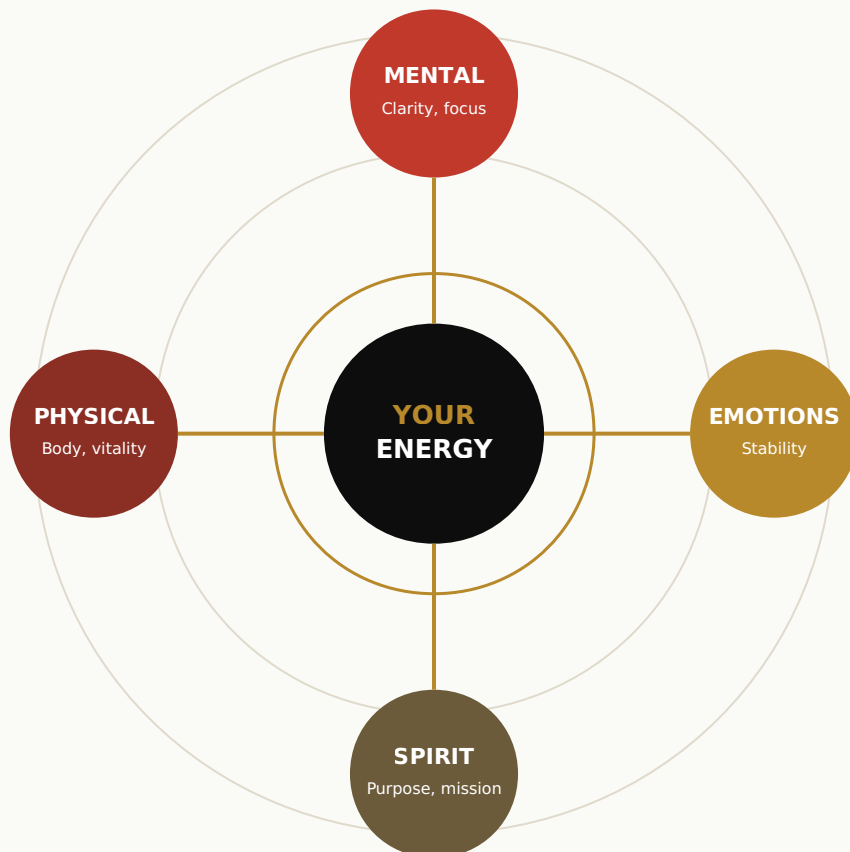
Before you begin

- 1 One day = one page. Don't skip a day, even if you only have 2 minutes.
- 2 Answer the reflection questions honestly — no one else will read them.
- 3 Log your energy score every day: that tracking is what makes this guide truly personal.
- 4 If you have the Full Pack, listen to the matching audio episode before or after filling in your page.
- 5 At the end of each week, a **validation gate** awaits you. Complete it honestly before moving on — this guide is a coach, not just a notebook.

BEFORE YOU BEGIN

Your energy ecosystem

Your energy rests on 4 interconnected pillars. Neglect one, and the other three weaken. This guide helps you strengthen them together, week after week.



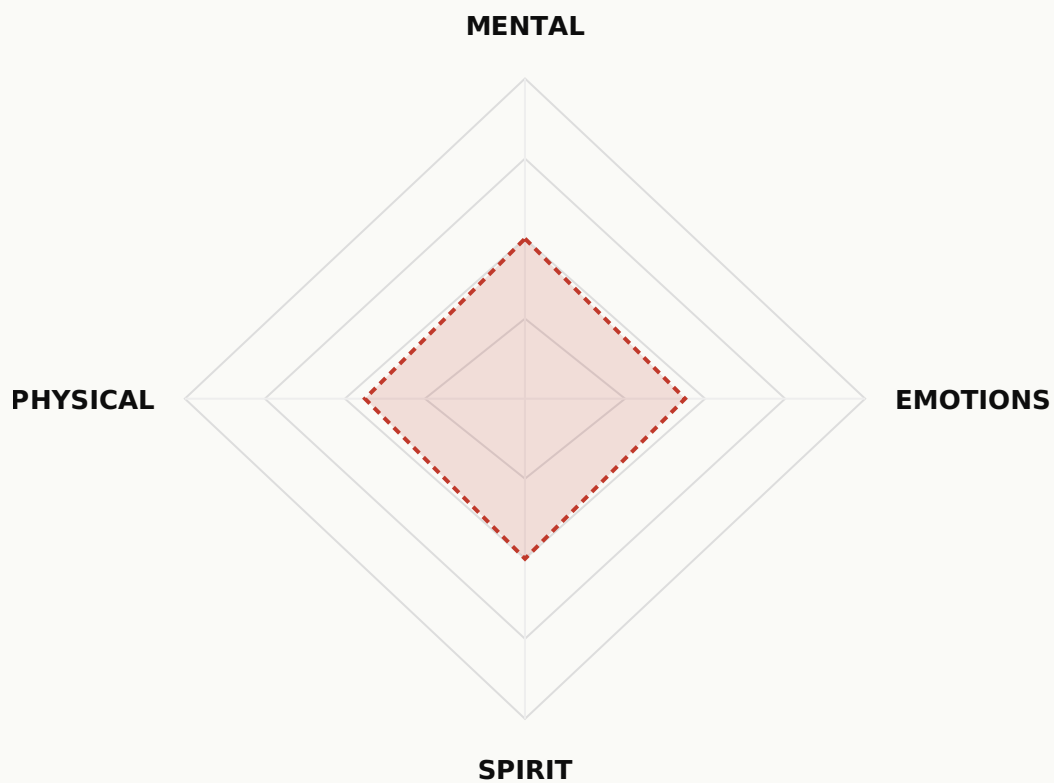
Each week, you'll rate these 4 dimensions on your personal energy wheel.

WEEK 1 — STARTING POINT

Your energy wheel — Day 1

Name: _____ Start date: _____

Rate each dimension from 1 (empty) to 5 (full) and connect the dots to visualize your starting profile.



Example profile (red dashed line) — trace your own on top of it.

WEEK 1 — FOUNDATIONS

Days 1 to 3

DAY 1 — Welcome & Your Energy Audit

Reminder: Understand the 4 dimensions of your energy: mental, emotional, spiritual, physical.

Where is your energy today, honestly?

☐ Micro-action: Write down today's energy score in this guide.

Your energy today:

1 2 3 4 5 6 7 8 9 10

DAY 2 — The secret of your inner force

Reminder: Your energy is the fuel behind everything you build.

Which dimension of your energy is weakest right now?

☐ Micro-action: Identify 1 signal your body is sending you today.

Your energy today:

1 2 3 4 5 6 7 8 9 10

DAY 3 — Wake up your body

Reminder: What you eat determines your energy for the day.

What processed food could you swap out today?

☐ Micro-action: Swap one processed food for a fruit or vegetable.

Your energy today:

1 2 3 4 5 6 7 8 9 10

WEEK 1 — FOUNDATIONS

Days 4 to 6

DAY 4 — Sleep, your recharge station

Reminder: Sleep is a direct investment in tomorrow's clarity.

What time did you go to bed last night?

☐ Micro-action: Turn off screens 30 minutes before bed tonight.

Your energy today:

1 2 3 4 5 6 7 8 9 10

DAY 5 — Your mind, your shield

Reminder: Attention is a precious currency — spend it wisely.

What's grabbing your attention without your consent today?

☐ Micro-action: Practice 2 minutes of 4-4-4-4 breathing.

Your energy today:

1 2 3 4 5 6 7 8 9 10

DAY 6 — The power of inner stillness

Reminder: Stillness of mind is the doorway to real transformation.

How do you feel after 5 minutes of silence?

☐ Micro-action: Sit in silence for 5 minutes, no phone.

Your energy today:

1 2 3 4 5 6 7 8 9 10

WEEK 1 — FOUNDATIONS

Day 7

DAY 7 — Week 1 review

Reminder: A recap of the foundations you've built this week.

What was your smallest win this week?

☐ Micro-action: Compare your Day 1 score to today.

Your energy today:

1 2 3 4 5 6 7 8 9 10

END OF WEEK 1

Validation Gate



HAVE YOU COMPLETED WEEK 1?

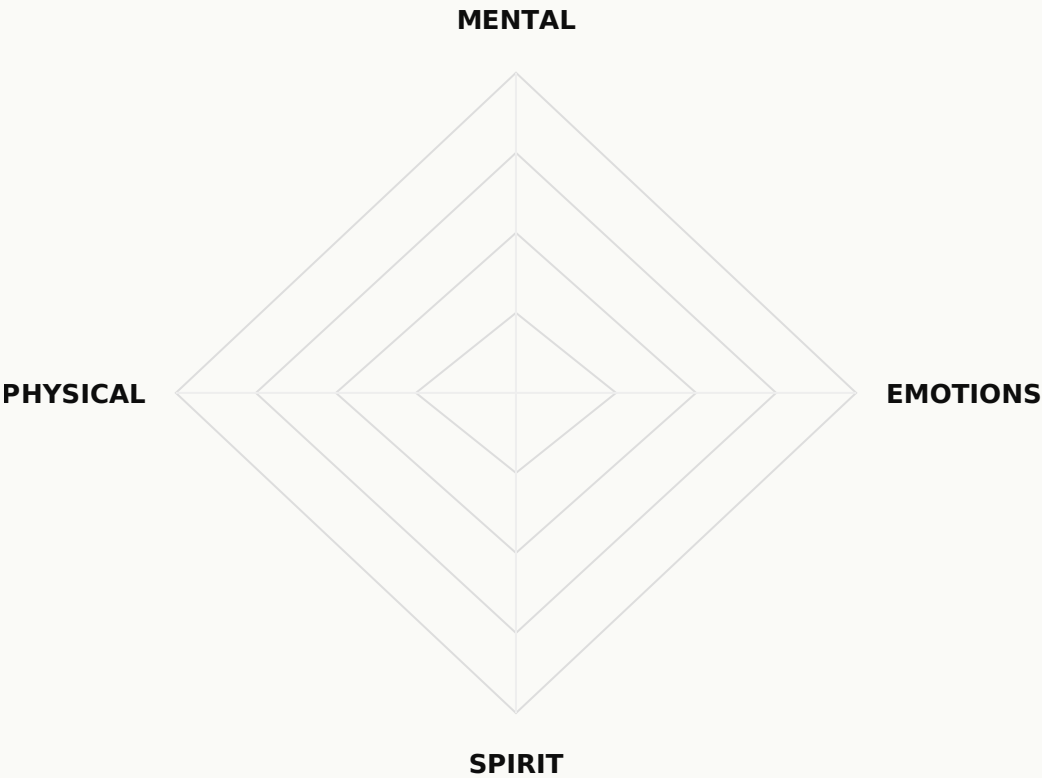
- ☐ I filled in all 7 days of this week, without skipping any.
- ☐ I logged my energy score every day.
- ☐ I completed my starting energy wheel.
- ☐ I completed at least 5 of the 7 suggested micro-actions.

✓ Check all 4 boxes above to UNLOCK WEEK 2

WEEK 2 — UPDATE

Your energy wheel — Day 8

Rate each dimension again. Have you progressed since Day 1?



Mentally compare this new profile to your Day 1 profile.

WEEK 2 — INNER STRENGTHS & ENERGY THIEVES

Days 8 to 10

DAY 8 — Gratitude as a muscle

Reminder: Gratitude rewires your brain toward the positive.

What are 3 things you're genuinely grateful for?

☐ Micro-action: Write 3 specific gratitudes, not generic ones.

Your energy today:

1 2 3 4 5 6 7 8 9 10

DAY 9 — Cultivating joy

Reminder: Joy is an active choice, not the absence of problems.

What brings you simple, immediate joy?

☐ Micro-action: Plan a moment of joy in the next 48 hours.

Your energy today:

1 2 3 4 5 6 7 8 9 10

DAY 10 — The forgiveness that frees you

Reminder: Resentment is an invisible energy leak.

What grudge are you still carrying, with no real payoff?

☐ Micro-action: Name that grudge, without acting on it yet.

Your energy today:

1 2 3 4 5 6 7 8 9 10

WEEK 2 — INNER STRENGTHS & ENERGY THIEVES

Days 11 to 13

DAY 11 — Unconditional love

Reminder: Self-love is the foundation of all inner strength.

What genuine compliment can you give yourself today?

☐ Micro-action: Say that compliment out loud, in the mirror.

Your energy today:

1 2 3 4 5 6 7 8 9 10

DAY 12 — Finding your mission

Reminder: Aligning your energy with real purpose makes it limitless.

What makes you lose track of time?

☐ Micro-action: Write down what captivates you effortlessly.

Your energy today:

1 2 3 4 5 6 7 8 9 10

DAY 13 — Identify your energy thieves

Reminder: Saboteur thoughts and toxic relationships drain you silently.

What negative thought keeps coming back?

☐ Micro-action: Write down 1 recurring negative thought from today.

Your energy today:

1 2 3 4 5 6 7 8 9 10

WEEK 2 — REVIEW

Day 14

DAY 14 — Week 2 review

Reminder: Consolidating your inner strengths and protection strategies.

What relationship or thought do you want to manage better this week?

☐ Micro-action: Choose 1 concrete action for week 3.

Your energy today:

1 2 3 4 5 6 7 8 9 10

END OF WEEK 2

Validation Gate



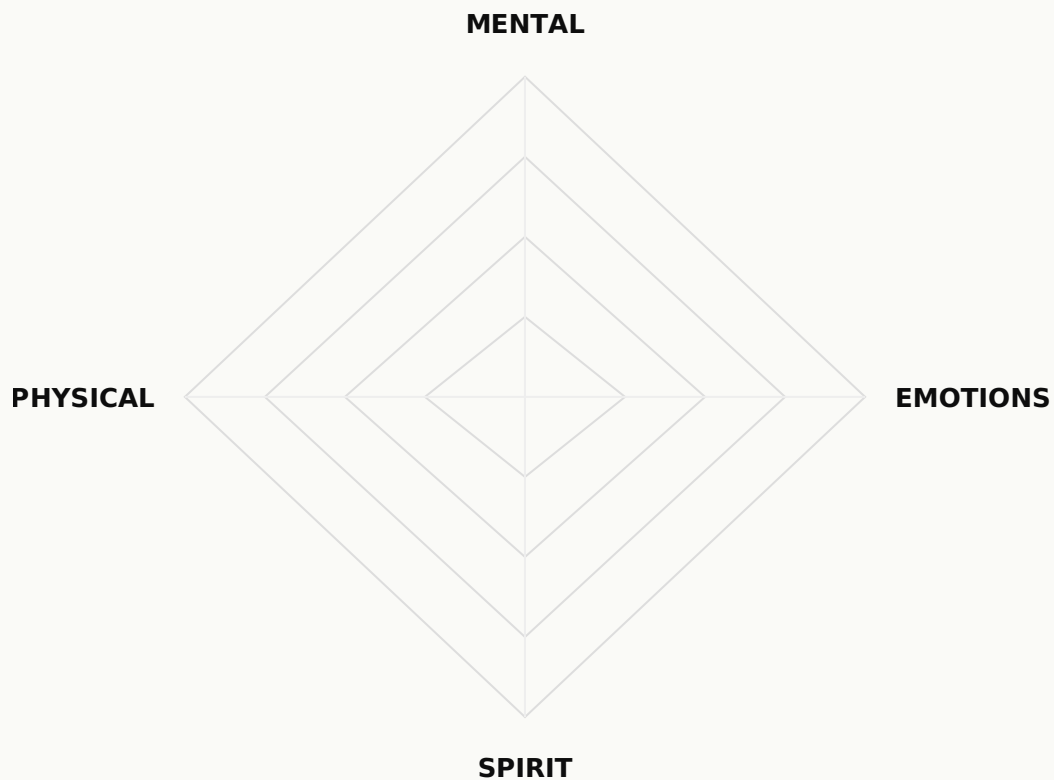
HAVE YOU COMPLETED WEEK 2?

- ☐ I filled in all 7 days of this week, without skipping any.
- ☐ I identified my top 3 energy thieves.
- ☐ I updated my energy wheel.
- ☐ I completed at least 5 of the 7 suggested micro-actions.

✓ Check all 4 boxes above to UNLOCK WEEK 3

Your energy wheel — Day 15

Final stretch. Rate each dimension one more time.



You'll compare this profile to your final one in a few days.

WEEK 3 — RITUALS & LASTING MASTERY

Days 15 to 17

DAY 15 — Your morning ritual

Reminder: An intentional morning sets the tone for the whole day.

How do you feel after a more conscious wake-up?

☐ Micro-action: Try: water + 5 min of movement + today's intention.

Your energy today:

1 2 3 4 5 6 7 8 9 10

DAY 16 — Your regenerating midday pause

Reminder: A strategic micro-break prevents the afternoon crash.

How do you feel after 10 screen-free minutes?

☐ Micro-action: Take 10 screen-free minutes after lunch.

Your energy today:

1 2 3 4 5 6 7 8 9 10

DAY 17 — Your evening ritual

Reminder: A real evening ritual sets up restorative sleep.

What weighed on you most mentally today?

☐ Micro-action: Write 3 gratitudes + tomorrow's priority before bed.

Your energy today:

1 2 3 4 5 6 7 8 9 10

WEEK 3 — RITUALS & LASTING MASTERY

Days 18 to 20

DAY 18 — Your space, your energy

Reminder: Your physical environment feeds or drains your vitality.

Which corner of your space drains you the most visually?

☐ Micro-action: Declutter one small corner of your desk or room.

Your energy today:

1 2 3 4 5 6 7 8 9 10

DAY 19 — Your relationships, your garden

Reminder: Some relationships energize you, others drain you.

Who are your 3 'Sunshine' people? Your 'Storm' person?

☐ Micro-action: Reach out to one 'Sunshine' person today.

Your energy today:

1 2 3 4 5 6 7 8 9 10

DAY 20 — Becoming the architect of your energy

Reminder: Consciously directed energy becomes a force of creation.

What's your most energizing dream right now?

☐ Micro-action: Write that dream as a present-tense affirmation.

Your energy today:

1 2 3 4 5 6 7 8 9 10

WEEK 3 — FINAL INTEGRATION

Day 21

DAY 21 — Final integration & commitment

Reminder: The transformation continues after the last page.

Which ritual from this guide will you keep for life?

☐ Micro-action: Compare your Day 1 score to today, one last time.

Your energy today:

1

2

3

4

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7

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9

10

END OF WEEK 3

Validation Gate



HAVE YOU COMPLETED WEEK 3?

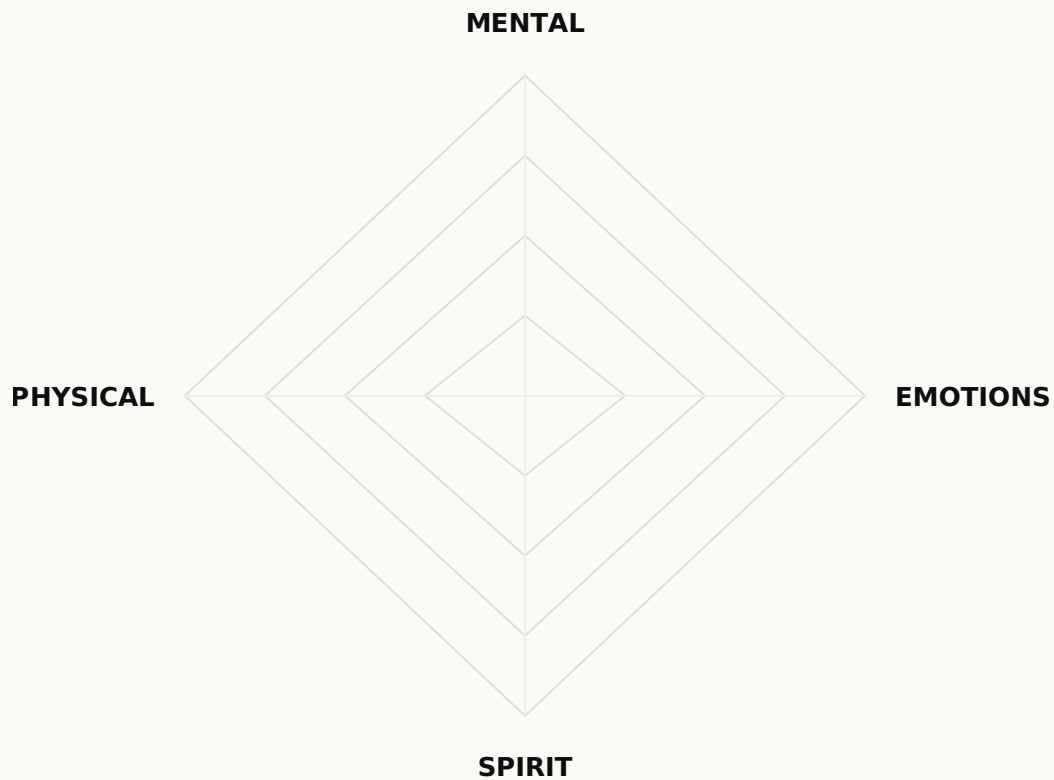
- ☐ I filled in all 21 days of this guide, start to finish.
- ☐ I compared my Day 1 score to my Day 21 score.
- ☐ I identified the ritual I'm keeping for life.
- ☐ I'm ready to continue without this guide, using my own tools.

✓ Check all 4 boxes above to COMPLETE THE JOURNEY

FINAL REVIEW

Your energy wheel — Day 21

One last evaluation. Compare it to your very first profile from Day 1.



JOURNEY COMPLETED

You just did what most people never do:
turn reading into action, 21 days in a row.

The ritual I'm keeping for life: _____