

20 DAY

Add Energy Gameplan

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
List 3 Items you truly appreciate about life	Try a meditation that is 3 min. or less	Say a genuine thank you to someone who needs it	Actually call someone you would love to talk to	Take a 20 minute walk outdoors
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Stretch for 5 minutes	Lift a set of light weights in the middle of your day.	Listen to a song that makes you dance!	Listen to your favorite song	Practice deep breathing
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Try a free 10 min. online workout	Get outside for 5 and listen to the sounds, close + far	Make a list of your favorite things.	De-clutter a drawer or shelf.	Go to bed 30 minutes earlier
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Text a friend and schedule coffee	Take a long shower or bath	Make your favorite meal	Treat yourself to something nice	List the gratitude you have for current job
Why?				
In order to make big changes in our work-life, we need new energy to sustain us.	Our own wellbeing is the first to go when we get busy or burned out but we can attend to ourselves immediately.	Reengaging with the people who love us and want the best for us can be the support we've been missing to make change.	Living in appreciation and gratitude shifts our neurology so we can think differently about what we have.	Because you are at the center of any momentum you need to change your work-life imbalance.

NEED MORE? The Less, Lighter, Calmer Course Is Ready For You!