

# 7 Tiny Shifts to Boost Your Energy

Now is a great time to support your energy in small ways.  
**Choose one simple habit from the list below.**  
Practice it for 14 days.

## 7 Shifts to Choose From

- Get morning light before screens
- Add protein to breakfast
- Clear one physical space
- Rebound or move for 10 minutes
- Hydrate before caffeine
- Create a 30-minute wind-down practice before bed
- Choose one small shift and stay with it for 14 days

## My 14-Day Focus

The habit I'm choosing: \_\_\_\_\_

Why this one matters to me: \_\_\_\_\_

How I'll keep it simple: \_\_\_\_\_

Start Date: \_\_\_\_\_

### Track Your Progress

<input type="checkbox"/>	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	4	<input type="checkbox"/>	5	<input type="checkbox"/>	6	<input type="checkbox"/>	7
<input type="checkbox"/>	8	<input type="checkbox"/>	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>	13	<input type="checkbox"/>	14

FOR MORE INFO  
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