

Energy Body

1. Set an alarm every 60 to 90 minutes during your workday. With the alarm buzz, take a 10-15 minute break to refuel. Eat a snack, take a walk outside, shift gears away from technology & connect with people. Commit to this for a few days, and track your results below: energy levels, mood & emotions and the quality of your personal interactions.

2. Make healthy food choices: good protein, leafy greens and fruit, reduce alcohol intake and increase your water intake. Commit to this for a few days and track your results here noticing your energy levels, mood & emotions and the quality of your personal interactions.

3. Set an alarm for 90 minutes before your ideal bedtime. When it sounds, turn off all your technology, anything with false white light. For the next week, make note each morning about how your energy, focus & peace of mind have changed. Record observations below.

