

30-Day  
**Energy  
Reset**

# Even a minute of fresh ENERGY will reset your body, mind, and spirit 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!**

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

**GET MORE ENERGY-BOOSTING IDEAS!**

[KristenBrownPresents.com](http://KristenBrownPresents.com) or text POWERSHOTS to 66866