

Energy-boosting habits

Cross off the habits you engage in down below:

- Am I actively practicing good sleep hygiene? _____
- Am I setting aside time to fully relax and be still throughout the day? _____
- Am I engaging in activities I like and that fuels me throughout the day? _____
- Am I spending time outside and moving my body throughout the day? _____
- Am I fueling my body with the nutrients it needs throughout the day? _____
- Am I being mindful of my processed foods and sugar intake? _____
- Am I being mindful about my caffeine and alcohol intake? _____
- Am I actively managing any mental health issues I may be experiencing? _____
- Am I doing what I can to keep worrying and overthinking in check? _____
- Have I processed any potential traumas I've experienced? _____

Now, look at the habits above you have not crossed out and begin working on them one at a time. Think about which one you'd like to start with and fill in the lines below:

I want to work on the following habit: _____

I'll work on this habit through the following actions: _____
