

YOUR ULTIMATE ENERGY TOOLKIT

Go back through your five Energy Zones and choose your top energy boosters for each one. These are your go-to tools to create your ultimate energy toolkit.

PHYSICAL: What keeps your body energised and steady?

EMOTIONAL: What fills your emotional cup and helps you feel good?

MENTAL: What keeps your mind calm, clear, and focused?

MOTIVATIONAL: What fires you up and keeps you moving forward?

SPIRITUAL: What helps you feel deeply connected and at one with life?

SUPER-CHARGED ENERGY BOOSTERS: Are there any boosters that show up in more than one zone? These are your super-charged energy boosters. Use them often!