



# 27 Energy Resets to Increase Productivity

By Cherrise Boucher, Momentum Strategist

## MAKE IT FUN!

Cut out the **27 Energy Resets** below, and add a few of your own. Then when it's Energy Reset time randomly choose a slip of paper and do that one! This encourages you to try different things rather than doing the same one over and over.

5-Minutes of Calm & Affirmations	5-Minutes of Mindfulness	Yoga – Camel Pose
Go Outside!	Go Outside & Amp It Up!	Dance
Take a Quick, Hot Shower	Go For A Swim	2-Minute Breathing Exercise
Guided Meditation	Go For A Walk	Do Jumping Jacks
Quiet Meditation	Chakra Visualization/Meditation	Self-Reiki
Go Swing!	Aromatherapy	Drink Water
Get Up & Move!	S-t-r-e-t-c-h	Take A Short Nap
Take A Relaxing Hot Bath	Healthy Snack	Read
Visualization	Pet Snuggle Time!	Vent!