

# Uplevel Your Lifestyle

Rate your level of energy in each of the following areas on a scale of 1-5 (1-low, 5-high). Then create a plan to energize your activities. Choose habits to implement that reflect what you value most. Don't be afraid to change things up as needed when intensity fluctuates or goals change. Consider bookending your days with AM and PM practices that focus on a healthy start and finish to each day.

<p>____ <b>PHYSICAL</b></p> <p><b>Drains:</b></p> <ul style="list-style-type: none"><li>• Unhealthy diet; little to no supplementation</li><li>• Not enough exercise or sleep</li><li>• Too much stress</li><li>• Toxicity</li></ul> <p><b>Energizers:</b></p> <ul style="list-style-type: none"><li>• Eat a healthy diet; follow established supplement routine</li><li>• Exercise 3-5 days a week (even if it's only 20 minutes a day)</li><li>• Get 7-8 hours of sleep each night</li><li>• Relax and manage stress; take one day off each week</li><li>• Detox regularly</li></ul>	<p><b>PLAN TO INCREASE MY ENERGY:</b></p>
<p>____ <b>EMOTIONAL</b></p> <p><b>Drains:</b></p> <ul style="list-style-type: none"><li>• Doing too much, stretched too thin</li><li>• Team drama</li><li>• Worrying what others think of you</li><li>• Little or no self-care</li></ul> <p><b>Energizers:</b></p> <ul style="list-style-type: none"><li>• Hire out less valuable tasks, delegate</li><li>• Nurture and repair team relationships</li><li>• Be who you are, accept your authentic self</li><li>• Schedule self-care, do things that bring you joy</li></ul>	
<p>____ <b>MENTAL</b></p> <p><b>Drains:</b></p> <ul style="list-style-type: none"><li>• Squandering time on too many/unimportant tasks</li><li>• Disorganization, poor preparation</li><li>• Negative self-talk</li><li>• Uneducated/untrained</li></ul> <p><b>Energizers:</b></p> <ul style="list-style-type: none"><li>• Plan ahead and be prepared</li><li>• Positive affirmations</li><li>• Ongoing personal development and training/education</li><li>• Refresh your vision board</li></ul>	

*“You rank advance in your back office, but nothing compares to the changes that happen inside of you.”* — **Heather Madder**

## \_\_\_\_ SPIRITUAL

### Drains:

- Hurried, not present
- Distracted and unprioritized
- Not living in integrity, difficulty serving

### Energizers:

- Being present
- Bringing value to each moment, commitment, and relationship
- Meditation, prayer or journaling; discovering life calling
- Living in integrity and on purpose

## PLAN TO INCREASE MY ENERGY:

## \_\_\_\_ FINANCIAL

### Drains:

- No budget
- In debt, living beyond means
- Behind on taxes
- No savings or retirement

### Energizers:

- Living within your budget
- Getting and staying out of debt
- Paying taxes quarterly/on time
- Retirement plan in place, 3+ months savings

## \_\_\_\_ RELATIONSHIPS

### Drains:

- Not prioritizing time for key relationships
- Not following through on commitments
- No "business hours" or boundaries
- Not supportive of each other

### Energizers:

- Making family time and key relationships first priority
- Keeping commitments and showing up to serve
- Creating and keeping "business hours" and boundaries
- Supporting each other (spouse, family, friends, key team members)
- Gatherings and "play" time with those you love and enjoy

*“Magic always happens when you direct your inner powers to the object you want to change.”* — **Bangambiki Habyarimana**