

BUILD YOUR OWN PERSONALIZED FUN LIST

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ENERGIZE YOUR DREAMS



40 SIMPLE WAYS TO ADD webgy TO YOUR DAY

Reclaim that powerful, present, joyful state in an instant.

How To Use Your List

Print out this sheet and keep it somewhere you can easily reference it.

Before vou do anything, take a deep breath in, notice your surroundings. You are present.

Choose something on vour list and prioritize it today.

HERE ARE 40 SIMPLE IDEAS TO ADD ENERGY TO YOUR DAY

- 1. Take a "thinking" drive with no destination
- 2. Trying a new trendy workout (sure, why not?)
- 3. Walking your dog with treats in your pocket
- 4. Dancing to your favorite song
- 5. Taking a 15-minute power nap
- 6. Laughing to your favorite comedy skit
- 7. Feeling the sunshine on your face
- 8. Hearing your kids laugh hysterically
- 9. Watching a movie during the middle of the day 28. Putting your bare feet in grass/sand
- 10. Admiring the vivid color of the leaves
- 11. Hiking in a new place
- 12. Riding roller coasters with arms up
- 13. Noticing how bright the moon is
- 14. Savoring a cup of loose leaf tea
- 15. Playing music obnoxiously loud
- 16. Taking a walk with a friend
- 17. Lighting a deliciously scented candle
- 18. Potting your fresh mums clipped from the garden
- 19. Pulling out weeds in your overgrown yard
- 20. Practicing yoga in the park

- 21. Feeling the breeze when you swing on a
- swing
- 22. Googling what kind of butterflies you notice
- 23. Writing wild ideas in your journal
- 24. Organizing your junk drawer (finally)
- 25. Petting a dog
- 26. Volunteering for a cause you love
- 27. Reading a good book
- 29. Writing affirmations in lipstick on your mirror
- 30. Taking a walk in a new direction
- 31. Wearing a heated neck wrap
- 32. Drinking a hot chocolate with marshmallows
- 33. Taking a lavender epsom salt bath
- 34. Seductively flirting with your partner
- 35. Stringing fairy lights around your child's bed
- 36. Reading a book on your porch swing
- 37.Baking fresh cookies
- 38. Using the special china for breakfast
- 39. Putting your feet in water
- 40. Texting funny memes



LET'S BUILD YOUR LIST

Make a list of 10-15
things that light you up.
Write down ONLY things that bring you joy (not what you
think you should do). Keep adding!
Give yourself permission to
prioritize doing these as often as you can.
Start small and simple and note your energy levels before and
after. You will see the levels skyrocket!
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Bonus tip
Ber of Id.
Take a look at your calendar. Any white space
you have, prioritize adding something from your list.
If you're feeling saucy, take off any draining
appointments and replace it with something from
this list. The more you do this, the
more you do this, the more you will see your energy skyrocket! 💋



LEt'S ADD SOME FUEL!

What do you need?

Chances are, you need the extra energy boost because you get depleted during the day and would love a boost. If you are feeling like you need more than a dose, we should talk!

Schedule a call at allisonhare.com/schedule.