

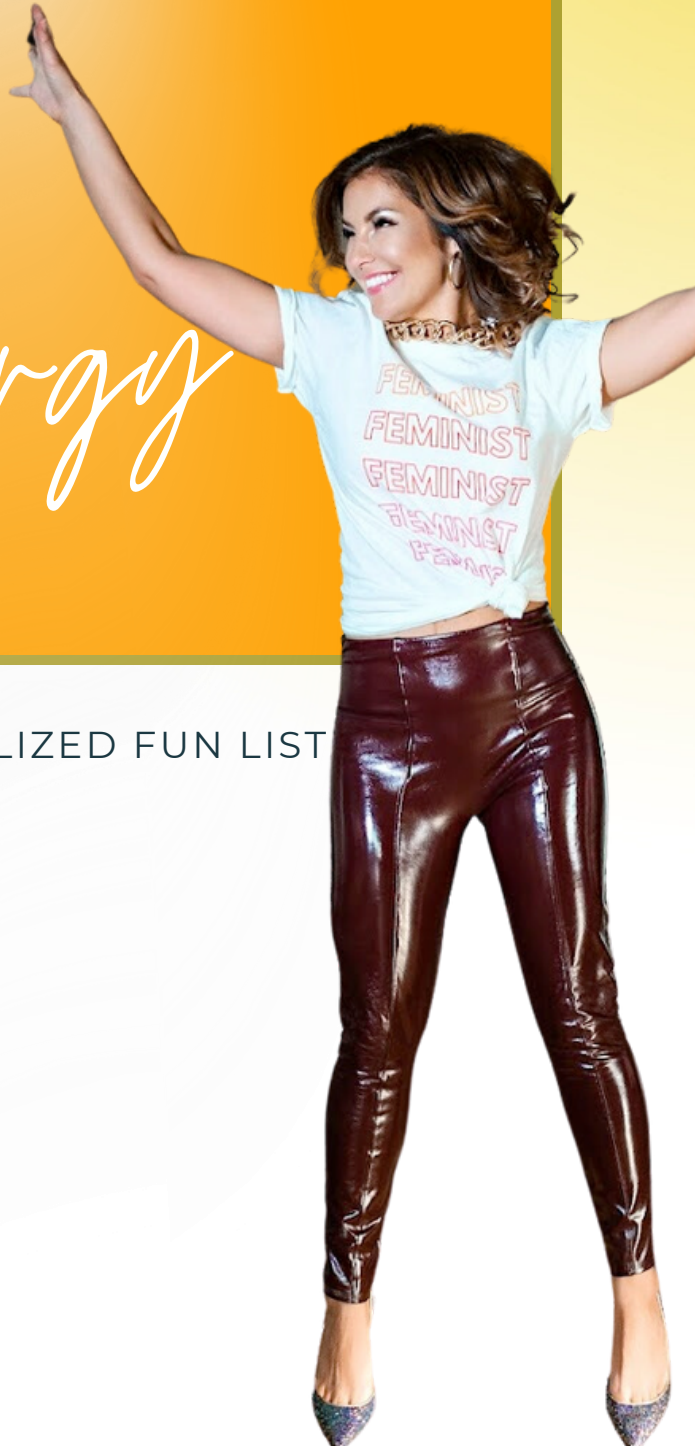
RECLAIM YOUR JOY

40

SIMPLE WAYS
TO ADD *Energy*
TO YOUR DAY

BUILD YOUR OWN PERSONALIZED FUN LIST

Allison
HARE



40 SIMPLE WAYS TO ADD *Energy* TO YOUR DAY

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

How To Use Your List

1.

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

2.

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

3.

Choose something on your 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
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
28. Putting your bare feet in grass/sand
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

Allison
H A R E

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.