

LET'S
GO!

4

Lets go

BE YOU NOW



@URSULAKPHOTO

"Energy
Flows
Where
Attention
Goes"

Tony Robbins

ENERGY

What will you do to take care of you?

It's easy to feel overwhelmed when there seems to be so much to do to reach your goals. It's important to remember that taking care of yourself is also a priority!

To preserve your energy and not feel exhausted from all your hard work, developing healthy self-care habits are vital: what you eat, how much you sleep and getting fresh air and exercise are easy ways to ensure energy levels and positivity remain high so you can stay on track.

Practicing mindfulness techniques 5 to 10 minutes a day, listening to a guided meditation on insight timer or headspace, along with simply drinking your tea or brushing your teeth mindfully can be enough to prevent you from feeling overwhelmed.

We say yes when we sometimes mean no, so what boundaries + time can you make for you?

There is a list on the next page that you can fill in and keep as a reminder to keep the energy high...

Check out insight timer: <https://insighttimer.com>

or headspace: <https://www.headspace.com>

ENERGY

PLEASE LIST YOUR THOUGHTS FROM THE SESSION.
WHAT THINGS WILL STOP DOING + PUT INTO PLACE
TO SUPPORT YOUR ENERGY?

1) Physiological

2) Practical

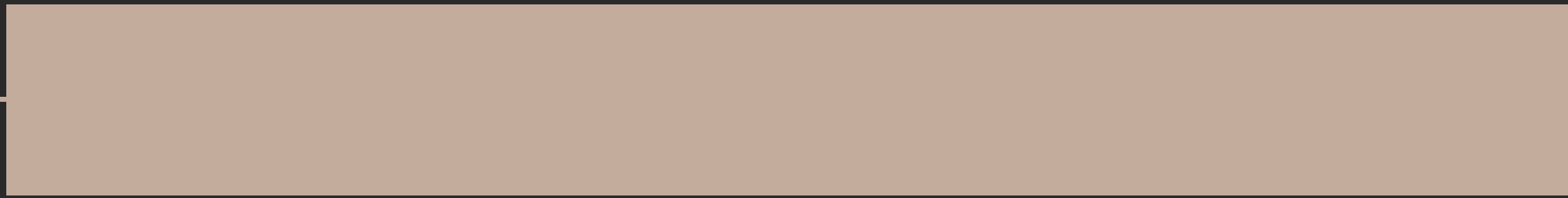
3) Physical

Energy Habits Continued BE YOU NOW

Notice when your energy is lower and affecting how you feel.

Is it due to psychological, physical, or practical reasons?

Make a note on here + start to reflect + then create the change

















"FILL YOUR HEAD
WITH THE
THOUGHTS YOU
WANT RATHER
THAN THE
THOUGHTS YOU
DON'T WANT"

“Good.

Better.

Best.

Never let it rest.

“Til your good is better
and your better is best.”

St. Jerome

FINISHING YOUR

Tasks

Start From Small

STEP 01

Begin your day by making self care a priority. Keep a note of your energy. Write simple steps to achieve your daily goal- small things matter and add up to the big goal.

Try to organise your schedule. Making a to do list will help you a lot in prioritizing your tasks.

STEP 02

Manage Your Time

Stay focused

STEP 03

Concentrate on the task at hand. Have a look at what's next on your list and stick with it. O.T.A.T One thing at a time!

Once you have prioritised to finish a task, put on hold all those unnecessary things that aren't as important right now. They can wait...

STEP 04

Say Not Now

Time to Evaluate

STEP 05

Evaluate your tasks to see how far you've come and reward or congratulate yourself.

WELL DONE!

Make a new list of what's coming that you've to get done.

Daily

PLANNER

M T W T F S S
● ● ● ● ● ● ●

Date: _____

TO DO LIST

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

PRIORITIES

APPOINTMENT

NOTE

IDEAS

ENERGY

To stop overwhelm + get through your tasks, consider using:

The Pomodoro Technique

This time management system encourages you to work with the time you have, rather than against it.

Using this method, you break your workday into 25-minute chunks separated by five-minute breaks.

Developed by Francesco Cirillo in the late 1980s, the technique uses a timer to break down work into intervals, traditionally 25 minutes in length, separated by short breaks. Each interval is known as a Pomodoro, from the Italian word for 'tomato', after the tomato-shaped kitchen timer that Cirillo used as a university student.

The breaks are Pomodoro's.

Read this article to find out more

<https://bit.ly/3pZjiWw>



Notes

“BE YOU
NOW

Use this space to make any notes about how you feel after these tasks.

Do you feel inspired to take action?

Did any of that feel difficult?

Did it bring up new ideas?

SPARE PAGE

Can't fit all your words in on one page? Print this extra page for any sections where you need more room to air your thoughts...

A large, empty white rectangular area intended for writing, occupying the majority of the page below the introductory text.

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4

W e l l D o n e

BE YOU NOW



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