

# All-Day Energy Checklist

## Body

### Balance Sympathetic and Parasympathetic Nervous System

- At least 20 minutes of aerobic activity each day
- Monitor your breathing
- Use the circle breath to balance your energy levels
- Use pressure points to enhance energy balance
- Detect and transmute negative thoughts into supportive thoughts
- Sense and transmute negative emotions into resourceful emotions
- Align your spine on your pelvis and your head on your neck
- Maintain a positive neutral face and allow your face to respond to life
- Be aware of stress levels and apply stress relief tools accordingly

### Structural Balance/Posture

- Do spinal flexion/extension exercises 1-3 times daily
- Monitor and maintain energetic posture while sitting
- Interrupt long sitting every 20 minutes
- Use decompression breath to energize core
- When you notice your posture sagging and correct it, notice what feeling comes up

### Nutrition

- Eat and drink for Energy
- Avoid eating and drinking what saps your Energy
- Avoid foods you are allergic or sensitive to
- Take supplements that support Energy
- Notice your feelings around foods and food choices

### Rest

- Configure your bedroom for optimal sleep
- Determine your sleep hormone rhythm; follow your optimal sleep timing
- Get alignment with your sleep partner for your optimal sleep
- Avoid food and substances that interfere with sleep
- Avoid electrical and electronic interference with sleep
- Determine whether a midday rest would be helpful for you; do it General
- Investigate Vitalistic practitioners (Chiropractor, Acupuncturist, NeuroEmotional Technique Practitioner, Nutritionist, Health Coach, Bodyworker); create alliance for proactive health approach
- Adopt the Radical self-care mindset and align your life with that
- Listen to your body and pay attention

## Emotions

- Do emotion self-awareness check on a regular basis
- Notice constricting emotions and let go
- Tap into resourceful emotions with breathing, posture, facial expression, thinking
- Notice emotions of people around you, and the effects on you
- Notice your effect on the emotions of people around you
- Cultivate attitude of enjoyment and amusement

## Mind

- Be clear on your Mission and Purpose for what you are doing
- Have clear written goals, both short-term and long-term
- Use time management system that works for you
- Plan and prioritize your results for the day
- Cultivate and follow conscious morning ritual
- Cultivate and follow ritual for end of workday
- Cultivate and follow ritual for nurturing and inspiring evening
- Develop your focus and concentration
- Eliminate extra clutter and “stuff”
- Develop “states” for effective action appropriate to the task
- Communicate effectively
- Visualize what you want

## Spirit

- Set your energy for living in Flow
- Do heart connection visualization at least 3 times daily
- Live in accordance with your values
- Live in positive relationship with other people, animals, beings, earth, universe
- Cultivate your best rhythm for your spiritual practice, including daily, weekly, other
- Do daily gratitude practice
- Cultivate connection with your True Self during life’s basic tasks: washing dishes, housework, commuting, mealtime, etc.