



ENERGY SYSTEM RESET



High energy. Better rhythm. Sustainable performance.
Reset your energy. Protect what matters.

RESET CHECKLIST

- ☐ I sleep well and protect my rest.
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- ☐ I move my body every day.
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- ☐ I eat healthy to support my energy.
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- ☐ I take breaks and recharge.
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- ☐ I protect my personal time.
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WHEN I FEEL...	I RESET BY ...
Exhausted 	Resting without feeling guilt.
Sluggish 	Moving my body for 10 minutes.
Overstimulated 	Stepping away, and breathing.
Irritable 	Eating well and hydrating regularly.
Drained 	Doing one thing that restores me.



TODAY I WILL FUEL MY ENERGY BY:

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Energy first. Everything follows.