

# Create Vibrant Energy in Your Daily Life

Take Action Now!

## Change Your State

- Play your favorite song. Bonus if you dance!
- Focus on something you love for 2 minutes.
- Do something {big or small} nice for someone.
- Compliment yourself for something.

## Optimize Your Habits

- Create a simple, powerful morning routine.
- Schedule your day around your naturally energized times.
- Unplug from work at a set time each night.
- Create a simple bedtime routine including gratitude for the day.

## Cultivate Your Wellness

- Move your body at least 15 minutes each day.
- Fuel your body with dense nutrition.
- Create an inner circle of people who support your true self.
- Learn or be inspired for 10 minutes each day.

