DAILY ENERGY MANAGEMENT CHART

MORNING

Intentional energy cleansing shower with salts (sea salt & bi-carb) _____ Sit With Shower Visions ____ (Aqua Notes)

Apply body oil after as an energetic boundary ____. 

Rituals - Guided Meditation CD’s _____ I Am’s affirmations____ Tea ____.

Food that nourishes me _____ Vitamins & natural supplements ______.

Gratitude List _____________________________________________________

Playing music ____ Diffuser oils to clear space - Peppermint, Lavender, Frankincense __________.

Note Mood Scale of 1 Flat to 10 Exalted ______

Avoid energy drains - People _____ Social Media ____ Tasks ________________________________.

INTENTION (the energy that infuses my work today) ___________________________________________.

MIDDAY

Food that nourishes me _____. Lots of water _____. Music _____ Deep breathes_____.

Mood Scale of 1 - 10 _______ what & who effected my mood ________________________________________

90 DAY CHALLENGE TO MOVE MY BODY - ____________________________________________.

PRESS PAUSE AND RESET ENERGY release Meditation / shake it off ________________.

AFTERNOON

Work out, move my body or take a walk to the ocean _________________________________.

Mood Scale of 1 - 10 _______ what & who effected my mood ________________________________

EVENING

Note Mood Scale of 1 Flat to 10 Exalted _______ Note what & who effected my mood ____.

Food that nourishes me _____. No devices in bedroom after 7pm ____.

Was I intentional, focused? Did I Ask, Believe, Receive __________________________________________.

Intentional energy cleansing shower. ____ or salt baths to wash off the day.

Sage smudge my body & home ____.

WEEKLY CHOOSE A FEW TO NOURISH MY SOUL _____Journal ____ Gratitude List ____ Read from a spiritual book

_______ Epsom salt & oil bath ______ Listen to energy release meditation _______ Sound Bath _____ Time with a friend

or loved one______Beach walks _____ Reiki ______ Massage _____ Cuddling ____ BreathWork____ Yoga____

Clear My Space, Move Things Around _____ Dance/Shake Things Up _____ Volunteer ______.

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