

CALLING ALL TIRED OVERACHIEVERS



Clear half an hour. Turn off your phone.
Let's reclaim some energy.

Are you feeling...

- Depleted?
- Like your mojo has left town?
- Wanting to shift this, but have no idea how? (It all feels too tiring...)

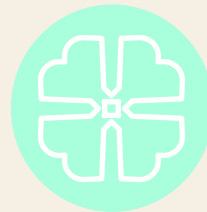
If that's you, **let's roll.**



INSTAGRAM



PODCAST



WEBSITE

MY PHYSICAL SPACE ENERGY SUCKS



Let's Audit Your Energy Sucks

Let's take stock of some of your open loops.

These might look like...

Clothes permanently living on a chair in my bedroom

Broken items in my car or house (burnt headlight, wonky shelf, etc)

Items for charity shop sitting in my trunk

A cupboard full of plastic bags (that are full of plastic bags)

Tins, spices, medicines that pre-date the Reagan administration

Any room, closet, space that drains me when I see it

Other physical space energy sucks:

This list makes me feel:

Pick one to do, and one to delegate. Do that. Notice how it feels closing even ONE open loop.

MY RELATIONSHIP ENERGY SUCKS



Someone I'd like to forgive, but I'm struggling to (myself included)

An uncomfortable conversation I've been avoiding

An elderly person I've been meaning to check in on, but haven't

A get-together I've been meaning to arrange, but haven't

A gift or card I've meant to pick up, but haven't

Some date nights I want to organize (with myself counts)

What else?

What's the one loop, that if I closed it, would free up the most energy for me?

What's getting in the way of doing it?

And what am I going to do about that?

MY PERSONAL ENERGY SUCKS



Broken sleep

Memberships and subscriptions I pay for, but never use

Books I keep buying on Amazon, but don't read

Not moving enough – or drinking enough water

I want a meditation/ lossing/Kegel habit, but never manage it

I secretly wonder if I drink too much

What else?

What's ONE small habit I could start with?

There are open loops in all parts of our lives. I've chosen these ones, but feel free to journal about any others you have...

THREE IDEAS FOR MAINTAINING MY ENERGETIC SPACE...



1. STOP and reflect before saying "Yes" to things. Say, "Can I get back to you?" Then use the rule of no 7's I learned from Tim Ferriss:

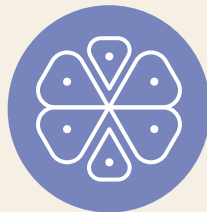
Consider a scale of 1-10 (1 being I'd rather eat worms, and 10 being a full body HELL YES with jazz hands).

Then eliminate 7 as a choice. So, there's 1-6, and 8-10 remaining.

When a request comes in, use this no-7s scale. The things that suck our energy and clog our diaries are often 7s.

Free yourself! Say NO.

Listen to my podcast with Christina Glickman (click the icon below) for more ideas on keeping spaciousness in your life.



2. Create Exquisite Moments to fill my energetic tank. Ten ideas:

- Put flowers on my desk
- Take a morning walk and notice five beautiful things
- Snuggle with a pet
- Leave an uplifting voice note for a friend
- Stretch for 10 minutes
- Sit and actually savour my morning coffee or tea
- Wear something that makes me feel fab, instead of reaching for my yoga pants and polar fleece again
- Treat myself – consider actually doing whatever just popped into my head
- Book a massage
- Say NO to something I don't want to do, and fill the exquisite space with whatever I crave instead (even if it's doing nothing)

OTHER IDEAS



“I believe every day should have at least one exquisite moment.”

Audrey Hepburn

3. Get clear on how my open loops happen in the first place.

My open loops creep in because...

I need more support

I need to brief my existing support better (family, cleaner, etc) so everyone knows how to help

I need a system or a rule (for example, hang clothes up right away; file paperwork immediately)

I have too much going on in my life, full stop.

I struggle to say NO

I have too few energy-boosting activities in my life

I let things pile up

My insights so far

What I'll do about them

Why not end your practice with my Acts of Kindness episode?
28 minutes to fill your energetic tank **HERE**.