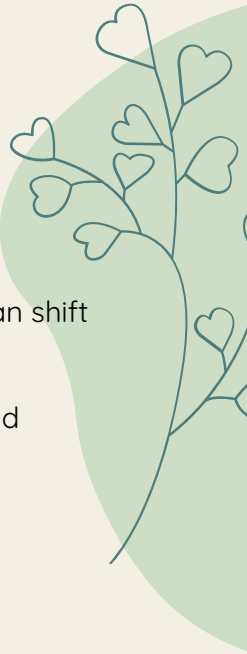




Energy Reset Checklist



Mindful Movement

Daily movement helps reconnect with your body and release stagnant energy. Choose what feels right each day:

- ☐ Yoga flow or mindful stretching
- ☐ A walk outdoors or barefoot grounding
- ☐ Dance or expressive movement
- ☐ Light cardio or bodyweight workout
- ☐ Weight training session
- ☐ Rowing or treadmill session

✨ *"Move your body, change your energy."*

Nature & Sunlight Connection

Let the sun and natural elements recharge your energy field.

- ☐ Sit outside for 5-10 minutes in the sun
- ☐ Walk barefoot on grass or sand
- ☐ Water your plants or tend a garden
- ☐ Watch the sunrise or sunset
- ☐ Simply gaze at the sky

✨ *"The Earth recharges you — let her hold you."*

Creative Expression

Creativity is healing. It allows emotions to flow and your soul to speak.

- ☐ Colour in a page with markers or pencils
- ☐ Doodle or draw freely
- ☐ Journal or mind-map your thoughts
- ☐ Sing, play music, or hum a tune
- ☐ Try something new, no pressure to be perfect.

✨ *"Create not to impress, but to express."*

Usage Note

This checklist is not about perfection or ticking every box.

Use it to tune into what your mind, body, and spirit need in any given moment.

Some days, one activity is enough. Other days, you may feel inspired to do more.

✨ **The intention is to RESET your energy — with kindness, compassion, and presence.**

Spiritual Practices

Even the simplest spiritual practice can shift your inner energy.

- ☐ Pull a tarot card or do a simple spread
- ☐ Meditate for 5-10 minutes
- ☐ Listen to healing frequencies
- ☐ Burn incense or cleanse your space
- ☐ Speak a positive affirmation

✨ *"The cards are a mirror to your soul."*

Learn & Expand

Engaging the mind with something meaningful can reset your focus and uplift your energy.

- ☐ Read a few pages of a book
- ☐ Study a course you're passionate about
- ☐ Watch a mindful video or documentary
- ☐ Reflect on something you recently learned

✨ *"Learning is nourishment for the soul."*

Emotional Reset

Releasing emotional clutter opens space for clarity and calm.

- ☐ Breathe deeply for 3 minutes
- ☐ Cry if needed — it's healing
- ☐ Write out your feelings, then release the paper
- ☐ Say no to something draining
- ☐ Do one thing that brings you genuine joy

✨ *"Feel it, release it, free it."*

