POWER UP
POWER DOWN

Daily routine. More go, less woe.

GET READY

Set intentions.
10 deep breaths.
Stretch.
Make the bed.
Move my body.
Shower/hygiene.
Fuel my body.
Eat.
Drink water.
Drink tea.
Drink coffee.
Make the bed.
Sit and talk.
Walk.
Clean.
Listen to Music.
To do list.
Smiling Mind app.
Make lunch.

Power Up - Brainstorm

What do you do now to get ready for the day?

Gainer (G) or Drainer (D)?

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-
-
-
-

What will you start/stop doing?

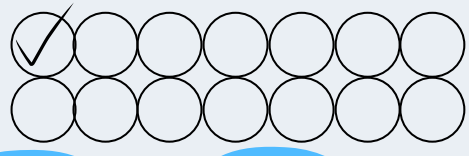
Power Up - Plan

Write your new power up routine here:

Power Up - Do it

When will you start?
What will it take to make it work?

2 week trial. Go!



MAKE IT WORK

Write it down.
Say it out loud.
Start now.
Winning streaks.
Smiling Mind app.
Get off autopilot.
Be kind to myself.

Power Down - Brainstorm

What do you do now to wind down from the day?

Gainer (G) or Drainer (D)?

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-
-
-
-

What will you start/stop doing?

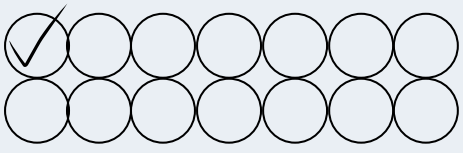
Power Down - Plan

Write your new power down routine here:

Power Down - Do it

When will you start?
What will it take to make it work?

2 weeks. Start now!



WIND DOWN

What went well?
10 deep breaths.
Stretch.
Prep for morning.
Move my body.
Shower/hygiene.
Drink water.
Drink tea.
Phone free time.
Sit and talk.
Walk.
Clean.
Read.
TV off before sleep.
Listen to Music.
To do list.
Journal.
Smiling Mind app.

MAKE IT WORK

Write it down.
Say it out loud.
Start now.
Winning streaks.
Smiling Mind app.
Get off autopilot.
Be kind to myself.

Launch Psychology