

Daily Energy Routine

Start every day by answering these questions.

1

What am I happiest about in my life right now?

What about this makes me happy? How does that make me feel?

2

What am I most excited about in my life right now?

What about this makes me excited? How does that make me feel?

3

What am I most proud of in my life right now?

What about this makes me proud? How does that make me feel?

4

What am I most grateful for in my life right now?

What about this makes me grateful? How does that make me feel?

5

What am I enjoying most in my life right now?

What about this do I enjoy? How does that make me feel?

6

What am I committed to in my life right now?

What about this makes me committed? How does that make me feel?

7

Who do I love? Who loves me?

What about this makes me loving? How does that make me feel?