

# Energizers | Discovery

What do you do when you get tired, stressed, bored, or cranky? The purpose behind this list is to help you identify – and then remember – the exact things you can do in order to restore your soul, energize your body, balance your day, and/or ‘snap out of it’ — if you know what we mean.

List the things that you *really* enjoy doing, and write down how long it usually takes for that item to do its magic on you. These must be things that really energize, nurture, and/or center you. They may be things that you either usually do not find time to do or that you simply do not give yourself permission to do. Hint: If even thinking about doing them makes you feel either silly or guilty—you are on the right track! You know...things like a bubble bath while reading People magazine, or deleting all those old e-mails you never answered. You know, fun stuff!

Try and include some “quick fixes” (e.g., listening to a favorite song), as well as some activities that take a bit longer (e.g., a drive in the country). Then make it a point to schedule some of these treats into your weekly schedule until they become second nature! Fill in the circle on the right (the ‘Often?’ column) once you have integrated the Energizer into your routine.

Time	Activity/Energizer	Often?
1.		<input type="radio"/>
2.		<input type="radio"/>
3.		<input type="radio"/>
4.		<input type="radio"/>
5.		<input type="radio"/>
6.		<input type="radio"/>
7.		<input type="radio"/>
8.		<input type="radio"/>
9.		<input type="radio"/>
10.		<input type="radio"/>
11.		<input type="radio"/>
12.		<input type="radio"/>
13.		<input type="radio"/>
14.		<input type="radio"/>
15.		<input type="radio"/>

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