

# Bringing Energy to the Workplace

Water 2 glasses 16-20 oz or when wake up

Sleep 7-8 hours or 6-7 hours plus nap

Breathing 4 - 7 - 8

Meditate Quiet Time

Am Proceed Connect with first person with energy

Exercise 20 - 30 minutes

Nutrition fruits, vegetables, lean meat

Stress cut back on

Caffeine/Alcohol none afternoon

Mon	Tues	Wed	Thurs	Fri	Sat	Sun

**Problem/inconvenience** \_\_\_\_\_

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**Do you wake up to complain or contribute?** \_\_\_\_\_

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**What makes you tick?** \_\_\_\_\_

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