

So what are you doing and prepare to do to manage and improve your energy?

ENERGY IMPROVING ACTIVITY	DONE ALREADY	COULD DO MORE OF	WILL DO BY...
Drink 2 litres of water per day			
Veggie juicing			
Eat more raw food and salads			
Eat low GI (slow sugar release foods)			
Avoid processed meals and refined foods			
Eat organic food where possible			
Ditch the microwave			
Food combining (avoid lost of fat/protein with carbs)			
Eat fruit separately before main meals			
Cut down on eating out/stick to healthy restaurants			
Detox - do a detox day once per month			
Detox - do a detox week once per quarter			
Stop Fear in its tracks - embrace uncertainty			
Meditate and control the chatterbox			
Take full responsibility for my state			
Be conscious and aware of my state and other's			
Accept myself 100% and not try to be perfect			
Let go of stress			
Let go of limiting beliefs			
Stop using banned words (see later Communication section)			
Embrace uncertainty and positive empowering beliefs			
Stop being concerned about what others think			
Stop using banned words. Use 'clean' positive language			
Start sin-bin for banned words			
Reduce/avoid stop reading newspapers			
Reduce/avoid stop reading certain Women's Magazines			
Reduce/avoid stop watching TV and listening to the news			
Plan time out, rest time and holidays			
Plan time for romance and meaningful conversation			
Embrace positivity with regular self-hypnosis			
Use my incantation regularly			
Use my Visionboard morning and night			
Use positive affirmations			
Commit to self development and growth			
Commit to paying it forward and contributing			
Commit to teaching as the best way to learn and be more			
Daily stretching routine for relaxation and flexibility			
Regular daily deep breathing			
Daily walks outside, regular walks in nature			
Touch, cuddle, make time for romance and make love			
Regular pampering (cos I'm worth it) Massage, Reflexology, Reiki etc			
Feng Shui my work and home environment			
Balance my charkas with EFT or Sound Therapy			
Regular meetings with like-minded positive people			
Regular exercise, with proper recovery/stretching			
Avoiding toxic household and personal care products			
Positively enjoy small indiscretions (wine, chocolate...)			