

# 30-Day Energy Reset: Recharge Your Life, One Day at a Time



*Feeling drained? Running on fumes?*

Let's face it — life (and work) can be exhausting. Between meetings, deadlines, and everyday stress, it's easy to feel drained. But boosting your energy doesn't have to mean overhauling your whole life. Sometimes, it's the little things — like stepping outside for sunshine or taking a real lunch break — that make the biggest difference.

This 30-day plan is all about small, daily shifts that add up to big, lasting energy. Let's build habits that fuel your body, calm your mind, and boost your spark from the inside out.

## How It Works:

- Pick one mini action from each day and do your best. Progress, not perfection!
- Most actions take less than 10 minutes.
- Feel free to repeat your favorites!

## WEEK 1: Clear the Clutter

*Tidy space, tidy mind.*

- Declutter your desk or a drawer.
- Organize your digital desktop.
- Toss three things you don't use.
- Clean out your bag or backpack.
- Unsubscribe from junk emails.
- Donate an item you don't need.
- Tidy up before you log off.

## WEEK 2: Move Your Mood

*Unlock energy with joyful movement.*

- Step outside on your lunch break.
- Do 20 jumping jacks.
- Take a 10-minute walk and count your steps.
- Stretch for five minutes between meetings.

- Try a walking meeting.
- Dance it out to your favorite song.
- Set a "stand up & stretch" timer.

## WEEK 3: Focus Fuel

*Clear your mental fog and get stuff done.*

- Write down your top three priorities today.
- Turn off notifications for one hour.
- Time block your focus hours.
- Tackle the task you've been avoiding.
- Take a break before you're exhausted.
- Try the "two-minute rule" (if it takes <2 min, do it now).
- Schedule a guilt-free no-meeting block.

## WEEK 4: Recharge Your Joy

*Let's reset the emotional batteries.*

- Text someone a kind note.
- Enjoy a screen-free lunch.
- Play your favorite feel-good playlist.
- Try a breathing or mindfulness app.
- Journal three things you're grateful for.
- Look at a photo that makes you smile.
- Watch a short, funny video.

## BONUS DAYS: Your Energy, Your Way

- Pick your favorite challenge and repeat it.
- Plan a future reward — something just for YOU.

### Remember

Energy isn't just physical — it's mental, emotional, and environmental, too. This reset isn't about doing more. It's about feeling more like you again.

Want to take it further?

- ✓ Track your progress with checkmarks
- ✓ Share your favorite tip with a friend
- ✓ Keep repeating the habits that work best for you!