

Energy Uplifters Tool Kit

These are Energy Uplifters. Having a list as well as a tool kit of items at your disposal for when your energy depletes or when you find yourself moving into the lower-level emotions. When you find yourself moving down the Emotional Scale or feeling like you are stuck there.

You want to focus on how you want to feel. When you do this, it will turn you in the right direction. The direction of what you want.

Ultimately, you want to feel good and that is the direction that you want to turn toward.

You always go back to how you want to feel. It is about changing your focus. Or doing something to shift you, where you are pivoting toward a thought or feeling that gives you some relief.

You can put actual items in your tool kit, and you can have a list of items. You can also list items on index cards and have those in your tool kit.

Tools

- You are not alone. Ask for help to realign with what you want. (You can ask group members as well as your Spiritual team.)

- Meditations

- Podcasts

- Exercise

- Yoga

- Crafts

- Art – color, paint, draw

- Project
- Reading
- Go on a walk
- Sit out in nature
- Go for a drive
- Get ice cream
- Listen to relaxing music
- Journal
- Dance around the house
- Shake it off (shake your hands and feet)
- Pet a dog or cat
- Take a nap
- Sing out loud
- Light a candle and relax
- Infuse essential oils
- Watch funny movies or videos
- Take a bubble bath
- Hug someone
- Put on an outfit that makes you feel good