

Your Commitments to Boosting Your Energy!



Women of Professional Dimensions! Congratulations on your awareness of what brings you energy, and how you want to get more of it. Here are the commitments that you made to yourselves this week:

Taking time to read

Smile

Running

Meditate!

Socialize, even when busy.

Start mornings positively

Open my heart & carry learnings to next relationship

More positive affirmations

Morning articles, videos, or journaling

Write/blog

Eat better

Workout more

Taking time for me

Be awesome

More involvement in the community

Workout routine

Increase my awesomeness

Workout!

Daily journal to celebrate successes

Yoga & meditate

Time with husband on weekend

Read! (Fuel knowledge & ideas)

Take more time for art & crafts

Have coffee with people I love & care about!

OT (Orange Theory) workouts!

Make art!

Celebrate small successes

Walk

Eat healthy

Being outside

Give myself permission

Go for a walk

Yoga

Feedforward

Wake up earlier to journal/plan

Prep for the morning the night before

Read for pleasure

Meditate

Schedule day with more breaks

Exercise

Stick to a daily schedule

Swim

Read

Spend time with others

Surrounding myself with people who are encouraging & happy

Find more people to help with their life goals

Journaling

Unclutter: One room in my house per month

Be authentic self

Volunteer

Work out regularly (daily)

Walking in nature

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Kindness	Time with my family
Play soccer	Re-engage political communications project
Yoga & exercise	Yoga
Schedule career planning	Make more time for just myself
Play and take walks with my daughter	Exercise more consistently
More fun & adventure	Photography
Look for it throughout my day	Spend more time on my own to think my own thoughts
Exercise	Walk outside after work more often
More time in craft studio	Workout
Choose for <u>yourself!</u> (first)	Eat healthy
Laugh	Move
Mindfully protecting my energy	Organize
Drink more water	Plan
Listen first without thinking of response	Listen
Spend time throughout the day to give me energy back	Prioritize
See my friends more!	Commit to a help others mentality, rather than a judge mentality
Breathe deeply	Take care of myself
Work on creative projects	Figure out a way to exercise more in my new schedule
Exercise	
Work out more	
Be in the moment	