

3 Simple Ways to
**Boost Your Energy &
Increase Your Happiness**



a special bonus for action takers like you!





HI THERE!

You know the feeling of always feeling tired?

Like no matter what, there is just not enough energy to get through the day?

Me too! And I know when I felt so darn exhausted, it was hard to feel alive and find the joy in my life.

Do you feel a little that way too? I get it!

I was a busy mom trying to do it all - climb the corporate ladder, getting my kid to all the activities, volunteering. Not to mention, cooking, cleaning, keeping the household functioning, and finding time to spend with my spouse.

Whew! I feel exhausted just thinking about how it used to be!

Through my struggles over the past few years, I've discovered the secret to doing it all while feeling energized and joyful! So, what was my game changer?

SELF CARE!

I'm sharing 3 simple self-care steps that you can use to start energizing your life - easily - TODAY!

Hugs,

Amber



EASY ENERGY BOOSTER #1

DO IT AS SOON AS YOU WAKE UP!

"PAUSE TO RESET!"

Life gets crazy, and sometimes we are spending so much time focusing on everyone else, that we forget to stop and take a moment for ourselves.

It's pretty hard to "tune in" to our own thoughts when everyone else is talking - the kids, partner, colleagues, boss, heck even the dog seems to need you!

Taking a few quiet minutes in the morning to gather your thoughts and set your intention allows you to begin in a calm state of mind which can carry through the rest of your day.

This doesn't have to take a long time. I'm talking like 10-20 minutes while you slowly drink your coffee or tea.

I call it "Pause to Reset". Here's how to do it:

- Set your alarm to go off 10-20 minutes before you need to wake everyone else up.
- Quietly get out of bed and take the next several minutes to slowly wake up.
- Don't do any work! This time should be for reading the paper, watching some interesting YouTube clip, gazing out the window, snuggling with your pet, or whatever brings you a sense of peace and calm.
- Take a moment to set your intention for the day. Write down a few words of how you want to feel during your day and commit to them. Words like calm, peaceful, joyful, curious, kind....you get the picture.

Not a morning person? No worries! You can do this before you go to bed to prepare yourself for the next day. Just keep your note handy to review it in the morning.

Hint: Sticky notes are awesome! I plaster them everywhere. Use sticky notes to write down your intentions so you can take them with you - stick them to your bathroom mirror, on the dash of your car, at your desk, anywhere to remind you throughout the day of what you committed to.



EASY ENERGY BOOSTER #2

DO IT AFTER LUNCH

"GET FRESH!"

Many of us spend our entire day inside an office with air conditioning or heaters that drain our energy and sap our life force. It's hard to feel energized and full of joy when we are stuck inside and constantly on the go.

Even if you are not stuck inside and you do spend time outdoors daily, the trick here is to clear your mind, focus your breath and be present with nature.

Leave your phone in the office, leave your To-Do list at home and walk out of your office building or your house with the intention to clear your mind and absorb clean green energy.

Walk around the block and find a park to walk through or a street lined with trees. I'm talking fresh air and preferably sunshine but rain works well too. Be wholeheartedly IN the natural elements stress free for ten minutes!

Notice what is around you by engaging your senses. Feel the elements on your skin, hear the sounds of the birds or people laughing, see the vibrant colors and amazingness of nature around you. Maybe even let yourself smile a little!

Not able to leave the office?

Just find an open window, sit by it and breathe in the outside air (even city air is better than fake stuffy office air). Or find a live plant potted in real soil and sit by it and breathe it in for ten minutes, in silence.

Your colleagues may think you've really lost it this time around and may start planning an intervention but you will be doing yourself and everyone you work with a huge favor by recharging your energy and giving your mood a boost!

Try it for 10 minutes TODAY and I bet you will feel refreshed, recharged and even joyful!



EASY ENERGY BOOSTER #3

DO IT AT THE END OF THE WORKDAY

"DANCE PARTY!"

This one is really fun and it's designed to give you that oomph to make it through the night after a long day's work.

Ready? Pick one of your favorite songs. One that really makes you want to get up and boogie. One that makes you feel energized and alive!

Now, there are two ways to do this one. So pick the way that feels best based on the day you've had!

1. You can find some private space either in your car on the way home from work or the laundry room while the kids are busy with homework. Plug your earphones in and boogie like crazy to your favorite song. The trick here is to really give yourself permission to LET GO.
2. You can make this a family event. I can't help but smile when I do this one with my kiddo. It really lifts my mood! Blast your music and boogie like crazy with your family. The trick here is to really let go, see the smiles, and enjoy the next few minutes movin' and groovin' together!

Regardless of which way you choose, embrace the old adage, "Dance like nobody's watching?" Do it and feel the RUSH of energy surge through your body. Notice the smile spread across your face.

In no time you will be happily stacking the dishes in the dishwasher with renewed vigor and reading your kids a bedtime story for the millionth time as though it were your first.



READY TO LEARN MORE ABOUT HOW TO FIT SELF-CARE INTO YOUR LIFE?

I've helped people like you transform their energy levels so they can:

- Get more done in less time
- Experience more energy and enjoyment of their bodies and their lives
- Feel and look great so they can feel a profound satisfaction that emanates into all corners of their lives

Would you like to experience these results, too? The truth is that taking care of you and prioritizing self-care is the KEY to gaining more energy and experiencing your best health, your best body and your best life.

I can help you achieve that, even if nothing else you've tried has worked. That's why I'm excited to invite you to a private consultation to discover how you can stress less and enjoy life more!

Sign up for my next workshop called "Creating Balance Through Clarity" so that you can identify imbalances in your life and create an action plan for more time and energy.

[Book Now](#)

Type in promo code "FREE" and I'll see you there!

Hugs,



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