



RECHARGE *challenge*

IT'S TIME TO RECHARGE YOUR
PHYSICAL & MENTAL BATTERIES

2 WEEKS OF DECLUTTERING,
WELLNESS & MINDFULNESS

@justanothermummyblog

PROTECTING YOUR *energy*

Protecting your energy is so important and often we don't notice all the little things that add up that can either boost or drain your energy. Setting boundaries, building healthy habits and giving ourselves space and time is how you can ensure you have plenty of energy in the bank to show up as your best self. Below I have popped a little list of energy givers and takers for you to be mindful of! In the challenge you'll be checking in with your energy levels daily. Depending on where you're at you can use this list to work out what you need more or less of that day.

DAILY ENERGY GIVERS

- ⚡ Getting outdoors
- ⚡ Movement
- ⚡ Water
- ⚡ Wholesome foods
- ⚡ Practising mindfulness
- ⚡ Sleep
- ⚡ Connecting with loved ones
- ⚡ Music
- ⚡ Reading
- ⚡ Taking time to plan
- ⚡ Podcasts

DAILY ENERGY TAKERS

- ⚡ Too much time scrolling socials
- ⚡ Mess and clutter
- ⚡ Overworking
- ⚡ Alcohol
- ⚡ Stress
- ⚡ Negativity
- ⚡ Lack of physical movement
- ⚡ Junk food
- ⚡ Over-consuming media



TRACK YOUR ENERGY *givers*



WEEK ONE

HABIT

- Movement**
- 2L Water**
- Mindfulness**
- Phone down 1 hour before bed**
- Wholesome foods**

M T W T F S S



WEEK TWO

HABIT

- Movement
- 2L Water
- Mindfulness
- Phone down 1 hour before bed
- Wholesome foods

M T W T F S S



RECHARGE challenge

WEEK ONE			
DAY DAILY ENERGY CHECK-IN	DECLUTTER	HEALTH	DAILY MINDFULNESS MOMENT
MONDAY 	 Bedside Table	 30-minute walk	What are your intentions for today?
TUESDAY 	 Junk Drawer	 Full Body Home Workout	Affirmation: "Be where you are, otherwise you will miss your life." - Buddha
WEDNESDAY 	 Makeup/Skincare	 Have a maximum of 1 coffee	How do I want to feel at the end of today?
THURSDAY 	 Pantry	 Go to bed earlier tonight	Write down a limiting belief. Write down why this is untrue
FRIDAY 	 Under the sink	 Home yoga/stretch	Stop. Take a moment. Take 3 deep breaths. Unlock your jaw and relax your shoulders.
SATURDAY 	 Cull wardrobe	 Have a smoothie	Affirmation: "Be where you are, otherwise you will miss your life." - Buddha
SUNDAY 	 Kids Bags/Handbag	 30 minute walk + stretch	How do I want to feel at the end of today?
WEEK TWO			
MONDAY 	 Laundry	 30 minute walk	Write down a limiting belief. Write down why this is untrue
TUESDAY 	 Benches/Counters	 Swap soft drink for water today	Worrying is as silly as walking around with an umbrella, waiting for it to rain. - Unknown
WEDNESDAY 	 Medicine Cupboard	 Try a new healthy recipe for dinner	What does my ideal self look like?
THURSDAY 	 Clean out car	 Read instead of scrolling social media tonight	What are my 3 biggest distractions? How can I reduce these?
FRIDAY 	 Fridge	 Prep some healthy snacks for tomorrow	The mind is like water. When it's turbulent, it's difficult to see. When it's calm, everything becomes clear. - Prasad Mahes
SATURDAY 	 Choose a space	 Home workout	What is one small thing I can do for myself today?
SUNDAY 	 Sort mail pile/paper clutter	 30 minute walk	What have I already conquered that proves I am capable of anything?