



Energy Boost Worksheet

Key to Creating Your Customized Secret Formula



Boost your mood so you can get back to what you really love doing.

List 3 Activities That Relieve Stress:

(Running, yoga, reading, swimming, walking your dog, etc.)

- 1.
- 2.
- 3.

List 3 People Who Make You Smile:

- 1.
- 2.
- 3.

List 3 Foods or Drinks That Make Your Body Happy or Healthy:

(Comfort foods, or power-packed dishes that make you feel strong!)

- 1.
- 2.
- 3.

List 3 Places You Feel at Peace:

- 1.
- 2.
- 3.

List 3 Things That Calm You Down:

(Therapeutic scents, your favorite sweater, meditation, a hug, etc.)

- 1.
- 2.
- 3.