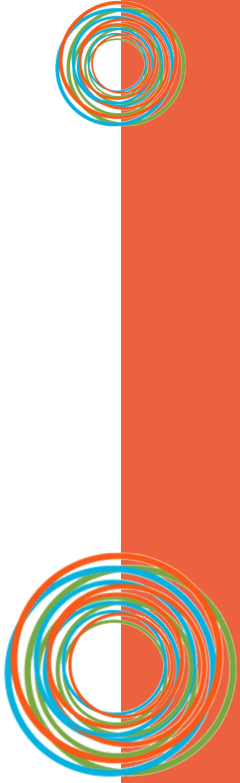


# ENERGY RESET

Stress is inevitable.  
Staying stuck is  
optional.

Simple shifts to restore  
focus, positivity, and  
momentum — in  
minutes.

**By Kim Hodous**



# NOTICE YOUR ENERGY

## Right now, my energy feels:

- Overwhelmed
- Tense
- Disconnected
- Drained
- Exhausted
- Frustrated
- Focused
- Clear
- Calm
- Motivated
- Optimistic
- Confident

(You may check more than one.)

What is pulling my energy down right now?

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What is lifting my energy up right now? (or has in the past)

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## RESET IN MINUTES

### 1. Be all in.

Take one full breath.

Ask yourself: What deserves my full attention right now?

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## 2. Look for what's good.

Name three things that are working – even if they're small.

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

## 3. Focus on what matters.

Identify one goal that truly matters right now.

\_\_\_\_\_  
\_\_\_\_\_

What is one step you can take this week to move it forward?

\_\_\_\_\_  
\_\_\_\_\_

When will you do it?

\_\_\_\_\_

## RE-ENGAGE

What is the next right action?

\_\_\_\_\_  
\_\_\_\_\_

When will I take it?

\_\_\_\_\_

**Happiness isn't the absence of stress.  
It's how you choose to respond.**

**Part of the Simple Little Shifts™ Toolkit**

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