



## The "Energy Balance" Restoration Checklist

### The Morning "Check-In"

*Before reaching for a screen or a schedule, assess your internal battery.*

**The 1-10 Battery Test:** How is my energy right now? (1 = Depleted, 10 = Radiating)

**The "One Word" Intent:** What is one word that describes how I want to *feel* today?  
(e.g., Calm, Strong, Fluid)

**The Hydration Foundation:** 8-12oz of water before caffeine to support cellular energy.

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### The "Lead the Day" Micro-Resets

*Use these "Energy Anchors" throughout the day to prevent the afternoon crash.*

**The 20-20-20 Rule:** Every 20 minutes, look 20 feet away for 20 seconds to lower visual overstimulation.

**The Sensory Audit:** Am I holding tension in my jaw, shoulders, or breath?

**The "Pattern Breaker":** A 2-minute "Kitten Intermission" or a quick step outside into the Huntington Beach sun to reset the circadian rhythm.

**The Bio-Individual Fuel:** A snack that balances protein and healthy fats to avoid the "glucose roller coaster."

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## The Energetic "Drain" Audit

*Identify what is leaking your energy so you can plug the holes.*

**Screen-Free Boundaries:** Have I set a "hard stop" for work emails/social media today?

**The Advocacy Win:** Did I say "no" to a commitment that doesn't serve my current capacity?

**The Environment Refresh:** Is my workspace (or the art studio) cluttered, or does it feel like a "Sage and Sand" sanctuary?

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## The Evening Restoration

*Transitioning from "Doing" to "Being" to prepare for deep, restorative sleep.*

**The Nervous System Reset:** 5-10 minutes of gentle stretching or a guided sound bath.

**The "Brain Dump" Journal:** Moving medical "to-dos" out of the head and onto paper so the mind can rest.

**The Digital Sunset:** Phones away 60 minutes before bed.

**The Gratitude Anchor:** One thing my body did *well* for me today.