

Unstick Yourself In 5 Minutes

*A Quick Guide to Shifting Your Energy with
Clarity and Intent*



The 5-Minute Energy Shift

With just five minutes of movement and intentional action, you can refresh stagnant energy, creating flow and alignment in your body, mind, and space.

1. Move Your Body

Physical movement breaks stagnant energy.

- Examples:
 - Stretch your arms above your head.
 - Take a quick walk or dance to your favorite song.
 - Shake your hands or tap your feet to wake up your energy.



2. Move Your Thoughts

Redirect your mind toward clarity.

- Examples:
 - Write down one empowering thought: "I am in control of my energy."
 - Replace a negative thought with a positive one.
 - Visualize yourself completing a small, achievable task.



3. Move Your Energy

Clear, refresh, and redirect your internal flow.

- Examples:
 - Breathe deeply for 60 seconds.
 - Sit still, close your eyes, and imagine light filling your body.
 - Say an affirmation: "I am aligned, calm, and in flow."



4. Move Your Environment

Shifting the energy in your surroundings or changing your space helps reset your mindset.

- Examples:
 - Clear one item from your desk.
 - Reorganize a small space or tidy up.
 - Open a window or light a candle to refresh the energy.
 - Step outside for fresh air or take a short walk to change your environment.



Your 5-Minute Energy Shift Routine

1. Stand up and stretch for 1 minute.
2. Take 3 deep breaths, saying: "I release stagnant energy."
3. Write or say aloud: "I am in flow."
4. Move one object, clear one small area around you, or step outside for fresh air to shift your environment.



Daily Affirmation

"I move with clarity and intention, and my life aligns effortlessly."