

Power Up Holistic

RECALIBRATION CHECKLIST

MINDSET RESET

- Identify energy drains:** Write down 1-3 things that are overwhelming or distracting you right now.
- Set a single focus:** What's the one thing you want to recalibrate this week (e.g., routines, energy, habits)?
- Affirm alignment:** Create one positive affirmation for yourself (e.g., "I release what doesn't serve me and step into balance").
- Declutter your thoughts:** Spend 5 minutes journaling on what balance looks like for you.

BODY RECHARGE

- Hydration check:** Drink at least 8 glasses of water today.
- Nourishing meals:** Plan or prepare 1-2 meals using whole, nutritious ingredients.
- Move your body:** Stretch, take a walk, or do 15-30 minutes of physical activity that feels good.
- Sleep reset:** Commit to winding down 1 hour earlier than usual tonight.



ENERGY AND SPIRIT RECONNECTION

- ☐ **Breathing exercise:** Spend 2 minutes focusing on deep belly breaths to release tension.
- ☐ **Grounding practice:** Stand barefoot in nature or spend 5 minutes in quiet reflection.
- ☐ **Reconnect to purpose:** Write down 1 thing that motivates or excites you about recalibrating your life.
- ☐ **Let go of clutter:** Identify 1 item, task, or habit to release that no longer serves you.

DAILY STRUCTURE AND ORGANIZATION

- ☐ **Morning check-in:** Set 3 small, achievable goals for the day.
- ☐ **Evaluate priorities:** What's truly urgent today? Remove what can wait.
- ☐ **Digital detox:** Take 30 minutes (or more!) to unplug from screens.

REFLECTION AND PROGRESS

- ☐ **Gratitude practice:** Write down 3 things you're grateful for today.
- ☐ **Self-assessment:** Ask yourself, "What feels better already? What still feels off?"
- ☐ **Celebrate small wins:** Identify one positive change you've made since starting this recalibration.