

**"The only limit to our realization of tomorrow will be our doubts of today."
Franklin D. Roosevelt**

Mindset and Energy Check-In

As leaders it is important to be aware of your mindset and energy each day as it has a direct impact on you and all those around you. Below are 2 exercises you can do each day to become more aware of how you are showing up.

Objective: To increase self-awareness of mindset and energy levels, and to reflect on your impact on your teams.

1. Morning Mindset Reset:

- Take a few minutes each morning to set your intentions for the day. Sit quietly and reflect on your mindset. Are you feeling positive, optimistic, and ready to tackle challenges? Or are you feeling stressed, anxious, or overwhelmed?

Acknowledge your current state without judgment.

- Take a few deep breaths and visualize yourself approaching the day with a clear and focused mind. Envision yourself leading with confidence and compassion.

2. Energy Audit:

- Throughout the day, periodically check in with your energy levels. Notice any shifts in your physical or emotional state. Are you feeling energetic and engaged, or tired and depleted? Pay attention to any patterns or triggers that affect your energy.
- If you notice your energy levels dropping, take a short break to recharge. This could be a quick walk outside, a few minutes of deep breathing, or a brief meditation session. Allow yourself to step away from work and refocus your energy.