THE 7-DAY ENERGY ALCHEMY CHALLENGE

Notice your energy. Redirect your attention. Restore your flow.

Energy alchemy starts with noticing where your vitality goes—and making small, conscious choices about where it goes next. Spend 5–10 minutes each day experimenting with one simple practice. Keep it practical. There is no perfect way to do this.

DAY	DAILY ENERGY PRACTICE	JOURNAL PROMPT	DONE
1 · AIM YOUR ATTENTION	Notice where your attention goes today. Choose one task, person, or activity that matters and give it a few minutes of focused attention.	What received most of my attention today? Did it support what matters to me?	☐
2 · CHECK YOUR EMOTIONAL WEATHER	Pause once or twice today and name what you are feeling. Let the emotion be there without immediately pushing it away or acting on it.	What emotion showed up? What might it be telling me?	☐
3 · MAP YOUR ENERGY	Notice one thing that gives you energy and one thing that leaves you feeling drained. Simply observe—no need to change everything today.	What lifted my energy? What seemed to use it up?	☐
4 · RETURN TO BASELINE	Take a short reset break. Relax your shoulders, feel your feet on the floor, and take a few comfortable, unforced breaths.	What helps me feel calmer, steadier, or more present?	☐
5 · PROTECT YOUR CHARGE	Notice one place where a small boundary could help. Practice a respectful pause, ask for time to decide, or say no when appropriate.	Where could I use a clearer limit to protect my time or energy?	☐
6 · MOVE AND REST	Take a short walk, stretch gently, or release tension from your shoulders and hands. Also give yourself one intentional moment of rest.	Which helped me feel more refreshed: movement, stillness, or a combination?	☐
7 · CREATE YOUR ENERGY RHYTHM	Choose one small daily anchor—such as a calm start, a creative activity, or an evening pause. Try it and notice how it affects your energy.	What gives me energy? What will I keep, change, or experiment with next week?	☐

YOUR DAILY ENERGY CHECK	END-OF-WEEK CHECK-IN
1. Where is my attention going? 2. What is giving or using my energy? 3. What small choice would help?	What activities or people lift me up? What drains me more than I realized? What one practice will I carry forward?

Remember: This is an awareness challenge, not a demand to feel energized all the time.

Keep the practices small, adapt them to your needs, and rest when you need to. The goal is to learn what supports your energy—not to judge yourself.

VISIT THEBODYOWL.COM for more resources.

This challenge is to get your JUMP START.

The books and classes are designed to continue your journey and achieve lasting results!

Suggested Books: Unmasked Self Reflection Workbook, Mindfulness for Any Mind, Unlock the Door