

# Maximise your energy



Creating daily habits can help you to maximise your energy and provide support when dealing with emotions such as stress or overwhelm:

**Step 1:** Create a morning routine that supports you to feel energised for the day ahead

**Step 2:** Create a night routine that supports you to relax and prepare for rest

**Step 3:** Create your daily boosters, things you can use to give your energy a lift

Morning Routine

Daily Boosters

---

---

---

---

---

---

Night Routine

