



**THE
SUPERCHARGED
ENERGY
PROJECT
CHEAT SHEET**

**TAKING YOUR ENERGY
TO A NEW LEVEL**

t h e s p i r i t u a l r o o t

SUPERCHARGED ENERGY PROJECT CHEAT SHEET

HYDRATION

Drink 1 liter of water first in am before anything else.

Drink 1/2 your body weight (in lbs) in ounces daily.

Drink high quality water-filtered/water filtration system in home.

Cycle coffee & caffeine use (2 days on - 2 days off).

Add lemon, ACV and ginger for detox and to flush out toxins.

ENERGIZING FOODS

Eat for energy and healing.

Eat whole foods that are easily digested.

Start anti-inflammatory diet rich in colorful plant foods.

Eliminate food intolerances, food allergies, and triggers.

Prioritize protein and veggies in every meal.

Stay in 10-11 hour eating window.

MOVEMENT

Walk outdoors and get sunlight 1st 30 minutes of your day.

Have variety of exercise to stay consistent on moving your body.

ex: weights, cycling, elliptical, Tabata/HIIT

Focus on recharge rituals + movement meditations.

ex: breathwork, tai chi, Qigong, chakra yoga, walking, dancing, self-massage

SLEEP

Reset circadian rhythm & create routine (wake and bed at the same time).

Put electronics away after 6pm and leave phone out of bedroom.

Wear blue blocker glasses for blue light protection in pm.

Sleep cold- lower temps before bed-(65-70 degrees), use cooling pillow or fan.

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LIGHT THERAPY/HEAT THERAPY

Blue light therapy for AM energy-(mimics the sun) 15-20 min in am upon waking.

Red light therapy and Infrared light therapy for healing and energy.

Health Therapy- 15 min per day, 4 days a week

Treatment Therapy- 20 min per day, 5 days a week

Sauna therapy and heat hormesis to boost energy levels.

All proven to increase cellular energy, regeneration & hormone production.

COLD THERAPY

Take a cold shower. Start with luke warm water and cold water last 60 seconds.

Bonus* Dry Brushing before shower or bath.

Take an ice bath.

MINDSET SHIFTS

Set intentions for the day- write out goals, dreams, desires & put them into universe.

Practice mindful meditation + visualization-stay in high frequency & vibration all day.

Crush limiting beliefs using the flip the switch method (get hype and believe).

Identify. Acknowledge & sit with thought/feeling. Thank you and goodbye.

Flip the switch, reframe and shift your mind to a NEW decision. Stay there.

Take massive action- gain clarity & confidence. (don't think about the how or when).

PERSONAL DEVELOPMENT

Surround yourself with positive people & keep in front of you and in your ear daily.

Read self-development and mindset books every day. (15-20 min)

Journal & affirmations/free write daily. AFFIRM YOUR GOALS + DESIRES DAILY.

Listen to empowering podcasts, clubhouse meets. *bonus- ask to be a guest.

Start with a power hour daily and check off your to-manifest list.