

Rejuvenating Activities

Being in a high-energy, positive state of mind is important, not just for your success, but for your happiness. Whether they're conscious of it or not, others assess your energy, and evaluate you based on it. Therefore, it's important to make sure you take time for activities that give you energy, put you in a good mood, and that you enjoy.

Take a few minutes right now and write down as many activities as you can think of that rejuvenate you. And keep adding to the list as you think of more. Then, commit to yourself to begin engaging in these activities, every day and every week. You'll be surprised how much difference they can make in keeping you mentally and physically in good health!

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