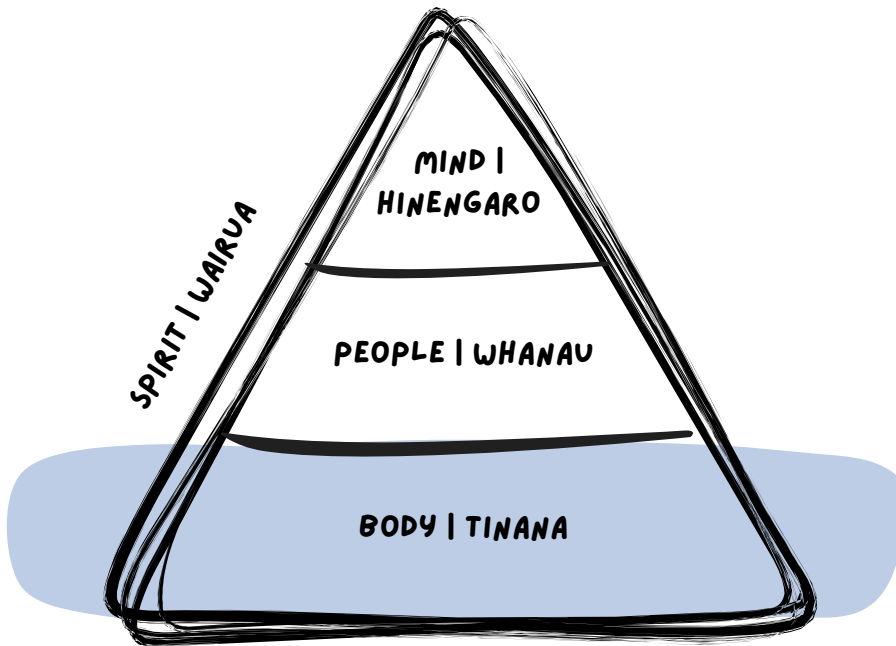




## THE ENERGISED LIFE BLUEPRINT

If you're feeling stressed, anxious or overwhelmed – this exercise helps you get clear on where to start feeling more vitality by creating a simple action step to one area of your physical health.



Once you've completed this module we will start to make our way up the hauora pyramid for holistic wellbeing that energises all areas of your life.

### THIS GUIDED VIDEO SERIES IS FOR YOU IF:

- You feel stressed, anxious, stuck or burnt out
- Know you need to take action but aren't clear which action to take
- Feel overwhelmed by everything you "should" or "could" be doing
- You've tried to implement actions but keep falling back into old habits

### BY THE END OF THE SERIES YOU WILL HAVE:

- A clear idea of what areas of your physical health may be contributing to your current feelings
- Learnt a technique to calm the mind, move away from stress and embody an energised state
- See how your vibe impacts the people around you and how to create actions from a fully energised state
- Create accountability for your chosen action

**TO START  
CLICK HERE**

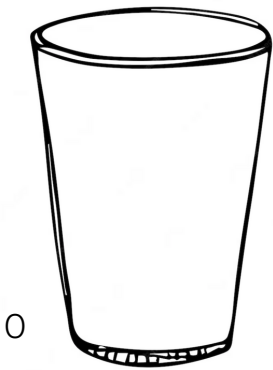


# THE ENERGISED LIFE BLUEPRINT

## STEP 1 - ASSESSING YOUR PHYSICAL HEALTH Where is my tinana (body) currently at?

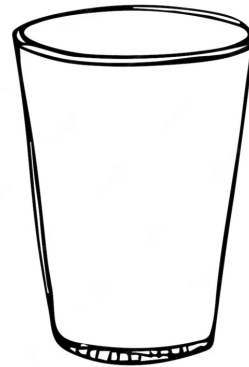
Fill in the cup with the amount of time, energy and attention you're putting here from 0 (not time, or attention) - 10 (I've got this sorted and in my routine).

10



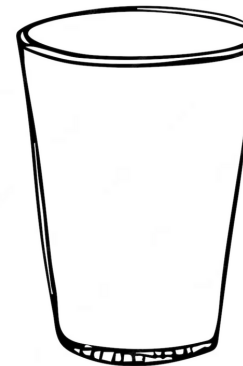
**EAT**

Food types, meal timing, cooked meals, water, takeaways, sugar



**SLEEP**

Ease of getting to sleep, staying asleep, hours each night, waking up feeling rested



**STRENGTHEN  
& BUILD BODY**

Activities that move and strengthen your body. Energy output



**RECHARGE**

Activities that bring energy into body, resting and relaxing. Not doing but being.

### CHOOSE ONE AREA TO FOCUS ON

Circle lowest cup or the area that would make the most impact to your life if you were to put more energy or attention here.

**WATCH GUIDED  
ACTIVITY HERE**

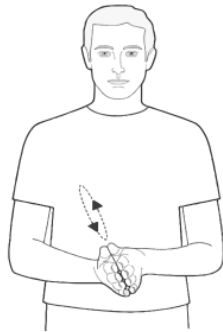


# THE ENERGISED LIFE BLUEPRINT

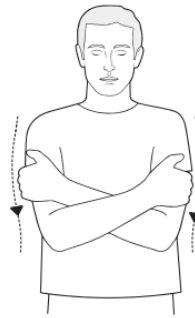
## STEP 2: HAVENING FOR WELL-BEING & SUPERCHARGING PRACTICES

This simple technique developed by Dr Ronald Ruden, involve a set of movements (see below) to create a sense of safety and calmness. When doing these movements, you stimulate delta waves in your brain, which are associated with relaxation. Havening is designed to help reduce stress, process challenging emotions, and create a feeling of well-being.

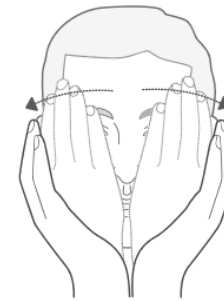
To get started practice the movements below, using slow movements, alternating between the three or watch our guided video [here](#).



WASHING HANDS



GIVE YOURSELF A HUG



TOUCH YOUR FACE

### DIFFERENT WAYS TO ADD HAVENING INTO PRACTICE

|                                   |                                        |               |
|-----------------------------------|----------------------------------------|---------------|
| Deepen meditative practices       | Visualising & Attracting What You Want |               |
| Calm the mind and connect to body | Enhancing Affirmations                 |               |
| Connect to inner knowing          | Breathwork                             | Emotional CPR |

### 1:1 WITH HAVENING PRACTITIONER

Process and release limiting beliefs, subconscious blocks and distressing events

Take the pressure off distressing emotions



# THE ENERGISED LIFE BLUEPRINT

## STEP 3: TUNING IN & HOW YOUR VIBE IMPACTS THE PEOPLE AROUND YOU

If this area continues emptying how might I feel and influence the people around me?

ME

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---

---

MY FAMILY

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---

---

PEOPLE I WORK WITH (OR FOR)

---

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If I imagine this area as a full cup how might I feel and influence the people around me?

ME

---

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MY FAMILY

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---

---

PEOPLE I WORK WITH (OR FOR)

---

---

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WATCH GUIDED  
ACTIVITY HERE



# THE ENERGISED LIFE BLUEPRINT

SPACE FOR YOUR THOUGHTS,  
FEELINGS & REFLECTIONS

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## STEP 4: CREATE AN ENERGIZING YOUR LIFE ACTION PLAN

What is the next easiest step for me to boost my mauri  
& how often will I do it (be specific) and for how long?



**Schedule it in your calendar &**

Book in a **check in 1 months time**,  
to reassess your energy

**Supercharge your action with accountability:**

Ask a friend to check in on you once a week or  
download the Streaks app using QR code  
below

