

# Identifying your Energy Boosters:

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Answer these questions and identify your personal energy booster activities to do as part of your personalised self-care strategy. You can combine a few of these activities or only chose one at random to assist when needed. For optimal effectiveness purposefully and mindfully incorporate them in your day-to-day life.

What colour makes you feel happy or relaxed?

EXAMPLE	YOUR ANSWER
Dress in this colour for a pick-me-up or calm-me-down day. "Always dress the way you want to feel, and not the way you currently feel - Nina Brown"	

Think of a space or corner in your home that makes you happy?

EXAMPLE	YOUR ANSWER
Spend a few minutes in your favourite corner in the house or garden to soak up some feel-good vibes. A specific couch that gets a spot of sun, looking out of a window with a beautiful view. Your favourite spot in the garden.	

What is your mood booster exercise?

EXAMPLE	YOUR ANSWER
Endorphins released by exercise is always a mood booster. Are you a go for a run, or let's dance to your favourite song in the kitchen kind of girl? Running, walking, dancing, playing catch with the kids, kicking a ball or playing tennis. Zumba or kick boxing?? Options are endless...find something that makes you feel happy.	

What is your calm down exercise?

EXAMPLE	YOUR ANSWER
Find a gentle activity that lowers your heart rate and brings about peace. Yoga, Pilates, praying, meditating, reading, reflective writing (journaling) etc.	

What is your nurturing beverage?

EXAMPLE	YOUR ANSWER
Find a drink or beverage that nurtures your body and soul. The ritual of tea making, or brewing a pot of coffee, juicing your favourite fruits and vegetables or making a smoothie. (or pouring a glass of wine...hahaha)	