

GAS TANK GUIDELINES (7 Energy Renewing Tips)



G – Gratitude

Focusing on gratitude, what we are grateful for, negates the ability to focus on the negative.

A – Awareness

Be mindful of your surroundings. Be present in the moment.

S – Simplicity

Life can be too complicated, too technical, and therefore too stressful. Consider the simple pleasures in life.



T – Think before you speak

Words matter. A lot. Consider your words carefully.

A – Activity

Our bodies are meant to move. Stress and tension can wreak havoc on our bodies. So, when life has you stressed, get active.

N – Nurture yourself

Take time to rest. Relax. Take a break from the busyness of life.

K – Knowledge

Seek knowledge to fill your gas tank with wisdom.