

IT'S A HABIT GAME

POWERCHARGE YOUR LIFE

Think of PowerCharge as your daily energy boost - a mix of mindfulness routines and goals- setting tactics that supercharge your mindset, launch you into a productive day, and send waves of positivity into all your business pursuits."

BY ANJU SHAHANI

EMBRACE THE "POWER CHARGE" ROUTINE TO KICKSTART YOUR DAY WITH GUSTO AND UNLOCK

Laser-Sharp Focus: Amp up concentration through engaging activities, turbocharging your efficiency all day.

Productivity Surge: Ignite motivation, setting your pace for a superhero-like task-conquering spree.

Positivity Boost: Infuse mindfulness and good vibes, turbocharging decision-making and stress smashing.

Goal Getaway: Map out clear objectives, supercharging task prioritization and banishing overwhelm blues

AFFIRMATIONS

Morning Routine: Integrate affirmations into your morning routine, like while brushing your teeth or having breakfast.

Choose Affirmations: Select positive statements that resonate with your goals and values.

Repeat Aloud: Say affirmations aloud with conviction, feeling their truth.

Visualize: Picture the affirmations manifesting as you say them.

Embrace Emotion: Infuse affirmations with positive emotions.

Stay Consistent: Make it a habit - practice daily for lasting effects.

Believe: Trust the process and believe in the affirmations' impact.

Start Strong: Kickstart your day with a confident mindset!

AFFIRMATIONS

Confidence

- "I am confident and capable in everything I do."
- "I believe in myself and my abilities."
- "I radiate self-assurance and positivity."

Success

- "Success flows effortlessly into my life."
- "I am achieving my goals one step at a time."
- "Every day brings new opportunities for success."

Health & Wellbeing

- "I am taking care of my body and mind with love."
- "I am full of energy and vitality."
- "My health is my wealth, and I nurture it daily."

Focus & Productivity

- "I am focused and committed to my tasks."
- "I am making steady progress towards my goals."
- "My mind is clear, and I am accomplishing meaningful work."

AFFIRMATIONS

Relationships

- "I attract loving and supportive relationships into my life."
- "I communicate openly and effectively, fostering healthy connections."
- "I am surrounded by people who uplift and inspire me."

Remember, choose affirmations that resonate with you personally and align with your aspirations. Incorporate them into your daily routine with sincerity and consistency to experience their positive effects over time.

MINDFULLNESS AND MYSELF

Get set for a two-month adventure that'll powercharge your positivity! Dive into mindfulness, hunting those 'aha' moments and crank up gratitude, spreading good vibes like confetti. Feel the magic, grab your journal, and let's rock!

Every day, you'll have the chance to jot down your gratitude, celebrate your victories, and don't forget the highlight - give yourself a fantastic compliment!

Today I am grateful for:

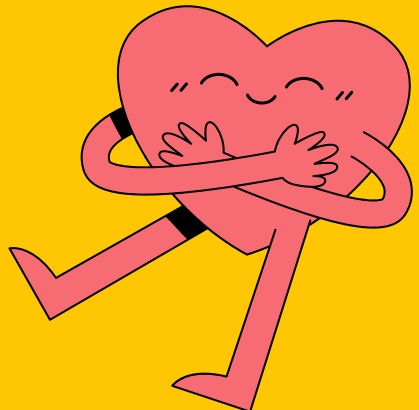
3 things that went well for me today:

A compliment to myself:

LAUGHTER YOGA

"PowerCharge your day with laughter yoga as an invigorating exercise routine. This practice combines laughter exercises with intentional breathing to stimulate the release of endorphins, the body's natural feel-good chemicals. By engaging in this daily routine, you enhance your mood, reduce stress, and increase your overall sense of well-being. Laughter yoga's unique blend of laughter and deep breathing provides a joyful and energetic way to kickstart your day, leaving you with a lasting boost of positivity and vitality."

**HERE ARE A FEW SHORT LAUGHTER YOGA
EXERCISES TO KICK OFF YOUR DAY AND
STIMULATE THOSE ENDORPHINS:**



LAUGH IT OFF!

Greeting Laughter

Greet the day with laughter! Extend your arms out wide, take a deep breath in and out and start with a smile, move it to a giggle, a bigger giggle and laugh out heartily as much as you can. Repeat the same a couple of times, this simple act of connection and laughter can set a joyful tone for the day.

Silent Laughter

Start with a big smile, then let out a hearty laugh without making any sound. Embrace the silliness of it all and feel the positive vibes flow. Its great to do this one especially when you dont want to disturb anyone around you.

LAUGH IT OFF!

Cellphone Laughter

Pretend your hand is a cell phone. "Answer" it and have a conversation that becomes increasingly hilarious. Let your laughter amplify with each "call."

Mirror High-Five Laughter

Give yourself a virtual high-five in the mirror, laugh, and say, "You're awesome!" This simple gesture can lift your spirits.

Heartfelt Laughter

Place your hand over your heart and laugh while feeling the warmth in that area. This exercise connects laughter with gratitude and positive emotions.

Confidence Booster Laughter

While looking in the mirror, give yourself a confident nod, and laugh as you say, "I've got this!" This exercise reinforces self-assurance and positivity.

LAUGH IT OFF!

Gratitude Reflection Laughter

Express gratitude for aspects of your life as you look in the mirror, and let your laughter reflect the positive emotions connected to each blessing.

Laughing Breaths

Inhale deeply while looking in the mirror, and as you exhale, let out a hearty laugh. Repeat a few times, feeling your body relax.

Forgiveness Laughter

While looking in the mirror, focus on someone or a situation that has caused you hurt or resentment. As you maintain eye contact with yourself, laugh intentionally, allowing the laughter to symbolize the release of negative feelings and the embrace of forgiveness. You can bring both your hands together and join them close to your heart. This practice helps you let go of emotional baggage and promotes inner healing through the power of laughter.