Blossom with Lisa
Energy Reset Coach

3 SMALL ENERGY SWAPS to make this week



A REAL SHIFT IN HOW YOUR DAYS FEEL

1



The 'just checking' phone scroll

You pick up your phone to check one message while the kettle boils. Twenty minutes later you're deep in someone's holiday photos, the tea's gone cold, and you've replied to nothing. It felt like a pause, but your brain has had no real break.

This week: Put your phone in another room for a dedicated time e.g. whilst enjoying your morning coffee or before bed.

2



The automatic 'Yes!'

The WhatsApp message lands... "Can anyone cover the class gift?" Your thumb is typing "Yes of course!" before you've read to the end. Or a colleague asks for a "quick call" at 4:30 and you say yes without checking whether you've got anything left to give it.

This week: Make "let me check and come back to you" your new default. Give yourself 10 minutes, then ask: Do I want to do this? Do I have the capacity? Or is it an obligation? You may still say yes, but it will be a choice you made.

3



No gap between 'on' and 'off' mode

You walk out of work, or the school gates, and straight into dinner. Someone's asking what's for dinner, someone else can't find their PE kit, and you're stirring a pan with your coat still on. Or you drop onto the sofa, still buzzing from the day, and can't settle.

This week: Take a 2-minute reset before the next thing starts. Sit in the car and take three slow breaths before you go in. Walk round the block. Change out of your work clothes. Pick one and treat it as the full stop at the end of the day's first chapter.

Start with just one swap. If you want to explore what's really driving your patterns, that's exactly what Energy Reset Sessions are for.

Book Your Free Discovery Call

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