



BLOSSOM WITH LISA
ENERGY RESET COACH

3 ENERGY DRAINS

to cut this week

GET YOUR ENERGY BACK, ONE SMALL SWAP AT A TIME.



1



The 'just checking' phone scroll

You pick up your phone to check 'just one thing' and 20 minutes disappear. It feels like a break, but it's actually a drain. Your nervous system doesn't switch off, it switches channels.



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

2



Saying yes before you've checked in with yourself

Agreeing to the extra favour or 'quick call' before you've asked yourself do I actually have capacity for this? Each yes on autopilot takes energy from elsewhere in your week.



This week: Pause before answering and ask, is this something I want/able to do or an obligation? Even if you still say yes, you'll say it on purpose instead of by default.

3



Skipping the transition between 'on' mode and 'off' mode

Going straight from work or the school run into making dinner, answering everyone's questions, or collapsing onto the sofa still wired. Without a transition, your body never gets the signal that one part of the day has ended before another begins.



This week: Build in a 2-minute reset between the two - a short walk, three slow breaths in the car before you go inside, changing your outfit. Small, physical, deliberate.

Cutting even one of these this week will free up more energy than you'd expect. If you want support going deeper into what's really driving your patterns, that's exactly what Energy Reset Sessions are for.

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