



# ENERGY JOURNAL

STRUT with Anna  
[www.strutwithanna.com](http://www.strutwithanna.com)





# Week One

## ACTION

Take a 10-minute walk break at lunch – no phone, no tasks, just movement.

## MANTRA

More Energy  
=  
More Possibility

## THIS WEEK'S REFLECTION

Where does your **energy dip** most during the week?

Pay attention to when and why it happens. (i.e. long meetings, skipped meals, endless scrolling, etc.) Pick one of those dips and test a mini recharge: stand, stretch, walk down the hall. Small sparks create big surges.



# Week Two

## ACTION

Play the  
STRUT playlist and  
move until you smile.

## MANTRA

Action fuels  
confidence

## THIS WEEK'S REFLECTION

What's one decision or change you've been **putting off** because you feel tired or unsure?

Tip: Instead of waiting for motivation, move first — a walk, a stretch, or a song that shifts your state. Then revisit that decision from a more energized place. Action fuels clarity (and confidence).



# Week Three

## ACTION

Walk with a friend  
and talk about  
dreams, not duties.

## MANTRA

Move more.  
Doubt less.

## THIS WEEK'S REFLECTION

Where could you **move first and think later** this week?

Maybe it's saying yes to something that excites you, or simply showing up where your energy feels alive. Movement doesn't have to be big — it just has to start. Your body knows the way forward.



# Week Four

## ACTION

Get dressed up for no reason at all and walk tall – go STRUT!

## MANTRA

*I'm alive & thriving!*

## THIS WEEK'S REFLECTION

What **new energy** do you want to carry into the next month?

Look back at the moments that made you feel most alive this month. Can you design more of those into your days ahead? STRUT forward with that same spark — head up, heart open, eyes ahead. **Be a vibrant example.**