



Your Energy Development Plan

Use this as a template to create a plan that will increase your energy, raise your vibration and enable you to be constantly tapped into divine guidance.

Answer the questions thoughtfully and give yourself enough time to complete each question without distractions.

How does your current morning routine make you feel? Does it need revisiting?

List the leisure activities below that make you feel calm, relaxed, peaceful and connected.

How will you build more of this into your life?



List the business activities below that make you feel joy and fulfillment.

How can you build more of these into your business plan and structure?

List the business activities that lower your vibration and feel more like suffering than joy?

How can you do less of these things or eliminate them completely?



After boredom comes creativity. How often do you clear your calendar and allow yourself to be bored?

How will you allow this more?

Think of a time that you felt most connected to source and inspired. Describe the detail of this memory below. Where were you? What could you see? Hear? Taste? Feel? What were you wearing? What were you doing?

What key things do you notice about your memory and how you can recreate it anytime?



List below the foods and drinks that make you feel nourished, energised and fulfilled.

What steps you can you take to incorporate more of this into your meals?

List below the people who you feel the most certainty when around. Who makes you feel like you can do anything? They could be someone close to you or someone you have never spoken to but enjoy to watch on Youtube. Be conscious of getting around them more.

What is it about them that make you feel good?



How can you become more of what they are?

List the people who make you shrink, feel doubt, or feel vibrationally pulled down in any way.

What is it that they trigger in you?

Do you need to limit your exposure to these people?



What is your personal strategy for accessing your inner wisdom when faced with a question or challenge?

Do you use this system right away or allow yourself to sit in struggle for too long?

When you experience the expansive feeling of optimum energy and connectedness what does it feel like? Describe in as many or as little words as you want to.