



TIPS TO RAISE YOUR ENERGY

Before you shoot a video, get on a call, join a networking event, or produce a show, make sure you're at your highest energy to deliver your best energy.

STEP 1: LOOK AT THE CHART

What's your current energy level? What energy bubble do you want to be at?

STEP 2: CHOOSE 1-2 EXERCISES

What area needs energizing? Your heart, body, or mind?

Below are some exercises to help energize these areas.

Energizing your HEART:

- Write down or say 3 gratitudes you're willing to share.
- Set your intentions for doing this activity.
- Snuggle or play with a kiddo or pet before your video.

Energizing your BODY:

- Dance it out, even if it's for 30 seconds (2 minutes is optimum). Then, go crazy and shake it off.
- Grab your workmate, spouse, or kiddos and laugh and dance right before your video. Have fun!
- Take 30 seconds, close your eyes, breathe, and feel what you want to accomplish in sharing.
- Get a snack and drink some water.

Energizing your MIND:

- Take 3-5 minutes and meditate to let go of what is weighing you down and get in the zone.
- Let go of any ego or fear that's holding you back from fully being YOU!

CHOOSE to give back:

- Add a gift or share something of value in the video that makes it about your audience.
- Add love and generosity into what you're doing so that you feel good about what you're creating.



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