

# Checklist: 5 important things to get your energy back TODAY

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-  Introduce more vegetables into your diet as these are essential to energising you at a cellular level. All of those beautiful vitamins and minerals create the energy you need to get through the day.
  -  Avoid heavily processed foods as these drain you of energy because they contain ingredients which, firstly, are not real food; and secondly, can be harmful to your health which ultimately leaves you feeling tired.
  -  Move your bum. Regular exercise is so important for helping you feel energised. Not only that, exercise increases your happy hormones and clears the mind; reviving you from head to toe
  -  Self-care works wonders because when you do something for yourself to recharge the batteries you invigorate your soul, bringing you back to a place where you feel lighter, more content and energetic.
  -  Practising daily gratitude and positive affirmations encourage you to feel good about yourself which is incredibly beneficial in how energetic you will be each day. Keep a positive mindset and the energy will flow.