



DISCOVER THE VIBE TO THRIVE

Energetic Mindset Training
For Women Motivated To Excel In Sport

Hello, Cheryl Roose here, thank you for connecting! I really hope you find this little gift works to raise your energy when you are feeling down. Let me know what you think. I would love to hear from you!

From Striving to Thriving in 5 Steps!

1. Define what it would look and feel like if you had more physical energy. What would you be doing that you aren't right now. How would you feel compared to how you currently feel? How would you move, walk, talk, stand if you had more energy?
2. Where have you been giving energy, thinking too much such as ruminating, worrying, feeling overwhelmed, frustrated or angry? Are you physically doing too many tasks, errands, running around or taken on too much workload?
3. Choose one action you could you do that would put you back in control, you don't have to do it, you just have to think it.
4. Take an action, or not, but either way know that there is an option and that you have the power to choose it.
5. Choose a way to get back some of your energy and commit to do it. Is it a conversation you have been avoiding, a forgiveness of yourself for striving for perfection, a task you can delegate but took it on to be kind, letting go of worrying or prioritizing a report?