

JOY CHECK-IN for more energy



Our quality of life and well-being depends on how we experience each day. Let's make it enJOYable with plenty of energy!

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7



1. Add a short description of your chosen energy islands:

Trip scheduled for (indicate hour:minute, e.g. 15:15):

TIP: Keep in mind to design your energy island in a way that is easy to integrate in your day-to-day life. Get inspired by our examples!

2. How do you remind yourself that's time for an energy island trip ?

- Set your smartphone alarm
- Write a post-it reminder
- Put stuff for your energy island right in your way
- Put a cheat sheet in your smartphone case
- Combine your energy island trip with one of your most cherished rituals
- Place your Formies dolls right where you have to look at them

3. What do you do after returning from your energy island?

- I'm proud of myself
- I pat myself on the back or just hug myself
- I treat myself to something like an espresso or a little piece of chocolate
- I sense into myself and get aware of whether and how I am feeling better

4. How have you experienced your JOY Check-In today?



THE JOY IS WITH YOU ;)

INSPIRATION for your energy islands



Examples of energy islands:

- Swinging into the morning with exercises (5-15 min)
- Diving into oneself with mini-meditation (5 min)
- Doing energizing yoga (5-10 min)
- Showering cold – getting there gently (3 min)
- Respiring deep into the belly, e.g. Box Breathing (1-2 min)
- Tensing and relaxing selected areas of your body (1-2 min)
- Walking backwards (2 min)
- Day dreaming with eyes diving into the sky (2-3 min)
- Relaxing your face (1-5 min)
- Self-Hugging (1-2 min)
- Checking in with your Formies-Team (2-3 min)
- Walking around the block (15 min)
- Swinging on a swing (2-5 min)
- Lying down with or without a power nap (5 min)
- Stretching and straightening, e.g. by grabbing the door frame and hanging there (1 min)
- Rotating hips or head in the shape of the lemniscate (1-2 min)
- Drinking a warm drink with full focus on each sip (5-10 min)
- Dancing (3-5 min)
- Discovering your body's senses (2-3 min)

Reflection:

Which changes have you experienced after one week of traveling to your energy islands?

Which island did you enjoy most?

Which energy island is difficult and exciting at the same time? Tip: You can benefit a lot from it.

Do you want to continue working with your energy islands?

Sure!

At any rate!



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