

## Quantum Vitality All-Day Energy Checklist

Below are listed areas to check every day to ensure you have “All Day Energy.” If you have questions about what actions are best for YOU, contact Dr. Vic for a complimentary Vitality Review Session. She will review your checklist, answer any questions, and make recommendations just for you. Visit <http://www.quantumvitality4u.com/contact/>.

### Physical

- Check your spinal alignment regularly.
- Monitor and maintain energetic posture while sitting.
- Interrupt long sitting every 20 minutes.
- Use decompression breath to energize core.
- When you notice your posture sagging and correct it, notice what feelings come up.

### Emotional

- Notice constricting emotions and let go.
- Tap into resourceful emotions with breathing, posture, facial expressions, choosing pleasing thoughts.
- Notice emotions of people around you, and their effects on you. Connect with your own center.
- Cultivate attitude of enjoyment and amusement.
- Do a daily gratitude practice ie. Gratitude Journal.

## Nutritional

- Eat and drink what supports your energy.
- Avoid eating and drinking what saps your energy.
- Avoid foods you are allergic or sensitive to.
- Take supplements that support your energy.
- Notice your feelings around foods and food choices.

## Energetic

### Active

- Cultivate and follow conscious morning ritual.
- Do at least 20 minutes of aerobic activity each day.
- Use the circle breath to balance your energy levels.
- Be aware of stress levels and apply stress relief tools accordingly.
- Live in positive relationship with other people, animals, beings, earth, universe.

### Resting

- Configure your bedroom for optimal sleep.
- Take naps when you're tired.
- Get alignment with your sleep partner for your optimal sleep (or get your own bedroom).
- Avoid food, substances and electronics that interfere with sleep (caffeine, alcohol, TV, computers).
- Do heart connection visualization at least 3 times daily.