

6 Strategies to Re-energize and Thrive In

RENÉE GIARRUSSO

KNOW YOUR PURPOSE



Your 'Why to Fly'.



KNOW WHO AND WHAT LIGHTS YOU UP

Identify, satisfy and amplify this - especially on a Monday to set the tone for the week.

DEVELOP A PRACTICE OF GRATITUDE



This reinforces the positives and what you do have.



BE MINDFUL OF YOUR THOUGHTS

Your thoughts create your feelings and what you action. Reframe negative thoughts to ones that serve you.

GET OUTSIDE AND GET GROUNDED



A natural environment can cause stress levels to drop and mood and energy to increase.



PRACTICE MINDFULNESS

