

# IN CASE OF ENERGETIC EMERGENCY:

We all have (I hope!) a medical emergency card in our wallet, but what about an energetic emergency card? What are your “go-tos” when you’re feeling energetically depleted? Print this page so that you can capture what works for you and jot it on the card below. Cut the card out and slip it into your wallet as a daily reminder to care for yourself.

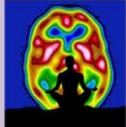
Some suggestions from my “go-to” list:

- ✚ Walk around a lake.
- ✚ Express gratitude.
- ✚ Meditate.
- ✚ Pray.
- ✚ Play.
- ✚ Give a hug/get a hug.

You get the idea...quick, simple, low/no cost ways to jump-start yourself energetically.

Wishing you wellness,

*Susan*



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