

Daily Energy

REFLECTION GUIDE



**3-MINUTE MORNING
ENERGY BOOST**



**QUICK MIDDAY ENERGY
CLEANSE**



**5-MINUTE NIGHTTIME
ENERGY RESET**

ESTABLISH ENERGY-BOOSTING ROUTINES TO ALIGN, RECHARGE & THRIVE



Your daily routine is more than just habits—it's a powerful energy blueprint that shapes how you move through the world. The way you start and end your day directly affects your mood, focus, and overall vibration. When you create intentional, high-vibrational routines, you set yourself up for more energy, clarity, and alignment—even on the busiest days.

This guide will help you build simple but powerful routines that protect your energy, boost your vibration, and create a strong foundation for your spiritual and personal growth.



HOW TO USE THIS GUIDE

Follow these daily energy routines in the morning, midday, and evening to support your body, mind, and spirit. Over time, these rituals will help you feel more balanced, energized, and in flow.



**MORNING RITUAL: START YOUR DAY
WITH HIGH-VIBRATION ENERGY**

**MIDDAY RESET: RECHARGE & REALIGN
YOUR ENERGY THROUGHOUT THE DAY**



**EVENING WIND-DOWN: RELEASE
THE DAY & PREPARE FOR REST**



MORNING RITUAL: START YOUR DAY WITH HIGH-VIBRATION ENERGY

Your morning energy sets the foundation for your entire day. A scattered, stressful morning can drain you before your day even begins, while an intentional, high-energy morning helps you step into clarity and alignment.



3-MINUTE MORNING ENERGY BOOST

- 1** Ground Yourself – Take 3 deep breaths and imagine golden light surrounding you.
- 2** Set an Intention – Say: “Today, I choose to protect my energy and move with purpose.”
- 3** Energy Activation – Rub your hands together for 5 seconds and place them over your heart. Feel the warmth and power of your energy.



Tip: If you wake up feeling sluggish, try **5 minutes of stretching** or play uplifting music to **raise your vibration**.



MIDDAY RESET: RECHARGE & REALIGN YOUR ENERGY

By midday, you've likely absorbed external energy from work, social media, or interactions. Without a reset, you carry this energy into the rest of your day, often feeling drained or overwhelmed.

QUICK MIDDAY ENERGY CLEANSE

- 1** Pause & Breathe – Close your eyes and take 5 deep belly breaths.
- 2** Scan Your Body – Notice where you feel tension or heaviness.
- 3** Energy Shake-Off – Stand up, shake out your arms and legs for 10 seconds, and say: "I release any energy that is not mine."



Tip: If you're feeling mentally foggy, drink a glass of water with lemon to reset your system.



EVENING WIND-DOWN: RELEASE THE DAY & PREPARE FOR REST

Your nighttime routine is just as important as your morning routine. Sleep is a time for deep energetic healing and subconscious reprogramming—but if you carry stress and chaotic energy into bed, your body won't fully recharge.



5-MINUTE NIGHTTIME ENERGY RESET

- 1** Disconnect from Screens – Turn off electronics at least 30 minutes before bed to protect your energy field.
- 2** Gentle Energy Release – Stand up, shake out your hands, and imagine releasing the energy of the day into the Earth.
- 3** Set a Sleep Intention – Say: “I am releasing all that does not serve me. I am restoring my energy for a new day.”



Tip: Keep a **gratitude** journal by your bedside. Write down **3 things you're grateful** for before sleeping to shift into a **higher vibration**.



WHY DAILY ENERGY ROUTINES MATTER

By following these simple energy routines, you will:

- ✔ Protect your energy from external drains like stress, social media, or negative interactions.
- ✔ Strengthen your vibration so you feel aligned, clear, and empowered.
- ✔ Enhance your manifestation power by keeping your energy in a high-vibrational state.
- ✔ Experience better sleep, focus, and overall well-being.



When you create intentional routines, you don't just go through your day—you own your energy and move through life with more power and ease.

DOWNLOAD AND PRINT **THE DAILY ENERGY ROUTINE CHECKLIST**

Keep this guide handy and integrate these energy-boosting habits into your daily routine!

dothisbeforebed.com/resource

DON'T FORGET YOUR OTHER BONUSES!

As part of your Do This Before Bed book purchase, you also have access to:


- ✓ Exclusive meditations to clear energy, manifest abundance, and deepen rest.
- ✓ Printable resources like checklists and reflection guides to help you apply the book's teachings.
- ✓ Special exercises & tools to elevate your energy and transformation journey.

 Go here to access all your bonuses: dothisbeforebed.com/resource

STAY CONNECTED

 Join the Do This Before Bed Book Club: [Click here](#)

★ Leave a Review on Amazon: [Click here](#)



FINAL REMINDER

Your daily energy is completely within your control. Even if you start with just one small change—whether it's a deep breath in the morning or a simple intention before bed—it will create powerful shifts in your vibration over time.

Stay consistent, and your energy will align with the life you're meant to create. ✨