



ENLIGHTEN EXERCISE #58

Identifying My 5 Power Ups

“**Power Ups**” give you a boost during difficult times. A *power-up* is any positive action you can take that provides you with courage, strength and confidence.

Identifying your top power ups can allow you to actually apply and use these in everyday life helping you to more effectively cope with stress and translating threats into positive and energizing challenges that you can experience growth with.

Anything that makes you feel much happier, healthier and stronger counts as your own personal power-ups. Here are some possibilities so check 5 that might begin your collection and add more to the list below:

- Name the best person in your life to call, text, or visit to get a quick pick-me-up
- Look at the photo that always makes you smile, laugh or feel good
- Go to the outdoor place that always energizes and relaxes you the most
- Identify the one activity (e.g., meditation, yoga, cooking, reading) that always relaxes you to engage in
- Implement a daily habit or ritual that brings you energy and makes you feel better
- Focus on a memory or image that makes you laugh or feel complete
- Listen to a song that totally energizes you and gets your spirit soaring
- Practice a mantra that gets you into a more focused and empowered frame of mind
- Do something small (or big) to support, help or give to others
- What can you read that provides a perspective on life and gives you inspiration and strengths?
- What can you watch (e.g., video, movie, television, speech) that lifts your spirit, provides a smile/laugh or inspires you?
- OTHER: