

ALIGNED ENERGY

7-DAY PRINTABLE WORKBOOK

Fall Equinox Energy Reset

~10-15 MINUTES A DAY • PRINT OR FILL DIGITALLY

Welcome

THE PROMISE

In 7 short days, you'll balance what's draining you and what's charging you as the light shifts — and leave with a tiny autumn Energy Kit you'll actually use.

This is not a personality makeover. It's equal attention to body, mind, and space — the same way the equinox gives equal day and night.

HOW TO USE THIS

One day, one page. About 10–15 minutes. Do them in order if you can; if life happens, pick up where you left off — no make-up essays required.

- 1 Read the short teach.
- 2 Do the practice in the box.
- 3 Say (or think) the mantra seed once.
- 4 Check "Done for today." That's it.

Print it, or fill it digitally. Pen is nicer. Phone notes work too if you're on the go.

WHAT YOU NEED

- This workbook (print or screen)
- A pen or keyboard
- A quiet-ish corner for a few minutes — kitchen table counts
- Willingness to be honest for one sentence at a time

A NOTE ON TONE

Skeptics welcome. Nothing here claims to diagnose, cure, or replace medical care. "Energy" means how your body, mind, and space feel in a normal week — capacity, mood, clutter, bandwidth. If a practice doesn't land, skip it and keep the rest.

START TIP

Best window: equinox week (around Sep 22) — or any week the light is shifting and you're ready for a clear reset. Evergreen after that.

1

Equinox Snapshot

Balance starts with honesty.

The equinox is equal day and night. We mirror that with equal attention to three places energy shows up: **Body, Mind, and Space**. Not mystical — practical. How you feel physically, how your head is running, and whether your surroundings help or hinder.

You don't need a perfect score. You need a baseline. Today you name where you are so Day 7 can show you what shifted. Rate each area 1–5 (1 = drained / stuck, 5 = steady / workable). Add one honest sentence. No polishing.

PRACTICE — EQUINOX SNAPSHOT

Body

How does your body feel today — sleep, tension, vitality?

RATING

1

2

3

4

5

circle one

ONE SENTENCE

Mind

How's your head — focus, mood, mental noise?

RATING

1

2

3

4

5

circle one

ONE SENTENCE

Space

How's your environment — desk, home, the spots you live in?

RATING

1

2

3

4

5

circle one

ONE SENTENCE

MANTRA SEED

"I meet this season as I am."

☐ DONE FOR TODAY

2

Harvest & Release

What got you here; what you're done carrying.

Capacity test: after this person, habit, or task — do you have more energy or less? That's your data. Harvest means keep what charges you. Release means put down what drains you (even if you can't quit it yet — naming is a start).

You don't need a dramatic purge. Three notes. Specific beats vague. "Meetings after 4pm" beats "work." Think of autumn: keep the fruit that ripened. Compost the rest.

PRACTICE — 3-NOTE DRAIN / CHARGE LOG

For each note: name it, then mark Harvest (charges you) or Release (drains you).

01

WHAT

☐ Harvest (*charge*) ☐ Release (*drain*)

WHY

02

WHAT

☐ Harvest (*charge*) ☐ Release (*drain*)

WHY

03

WHAT

☐ Harvest (*charge*) ☐ Release (*drain*)

WHY

MANTRA SEED

"I keep what charges me."

☐ DONE FOR TODAY

3

The 3-Minute Reset

You don't need an hour to turn the corner.

Big rituals sound good and die by Wednesday. A three-minute reset survives a real week: breath, posture, one intention.

Breath: inhale for 4, exhale for 6 — a few rounds. Longer exhales nudge the system toward settle (no magic; just physiology). **Posture:** uncurl, feet on floor, shoulders drop. **Intention:** one short sentence for the next stretch of day — not a life plan.

PRACTICE — RUN THE RESET ONCE TODAY

- 1 **BREATH** ≈ 60–90 sec
Inhale 4 · Exhale 6. Repeat 5–8 times. No phone. Just count.
- 2 **POSTURE** ≈ 30 sec
Sit or stand tall. Soften jaw. Drop shoulders. Feel your feet.
- 3 **ONE INTENTION** ≈ 30–60 sec
Write one sentence for the next part of your day.

MY INTENTION FOR THE NEXT STRETCH OF DAY

WHEN / WHERE I DID IT

TIME

MANTRA SEED

“One honest breath is enough to begin.”

☐ DONE FOR TODAY

4

Pick Your Autumn Threshold

Glue the reset to a real hinge in your day.

A practice without a home disappears. A **threshold** is a hinge you already cross: waking, leaving home, opening the laptop, starting the commute, bedtime.

Pick one. Not three. Glue your 3-minute reset (or tomorrow's starter trio) to that door. Crossing it on purpose is the whole game.

Autumn tip: as evenings get earlier, bedtime and "lights down" thresholds get extra power — use them if mornings are chaos.

PRACTICE — THRESHOLD + GLUE

Circle one threshold (or write your own):

- | | |
|---|---|
| ☐ Waking / first light | ☐ Leaving home |
| ☐ Opening laptop / starting work | ☐ Midday reset (lunch / school pickup) |
| ☐ Evening wind-down / bedtime | ☐ Other: _____ |

MY CHOSEN THRESHOLD (ONE SENTENCE)

WHAT I'LL DO THERE (RESET / BREATH / TRIO)

CUE THAT WILL REMIND ME (STICKY NOTE, CALENDAR PING, EXISTING HABIT)

MANTRA SEED

"I cross this door on purpose."

☐ DONE FOR TODAY

5

Starter Trio – Autumn Edition

Ten seconds when you don't have three minutes.

Some days three minutes won't happen. A starter trio is your emergency kit: one mantra, one gesture, one tiny space tweak. Ten seconds. Still counts.

Autumn space tweaks: clear one surface, warmer light or a candle (safe ones), phone charging outside the bedroom, a scarf or warmer layer as a "season shift" cue. Use yours at yesterday's threshold – especially when you're late or low.

PRACTICE — FILL YOUR AUTUMN STARTER TRIO

1 MANTRA

A short line you'll actually say. Steal from Day 6 if you want.

MY MANTRA

2 GESTURE

Hand on heart, shoulders roll, feet plant, sip of water — keep it physical and small.

MY GESTURE

3 SPACE TWEAK

One visible change under 60 seconds.

MY SPACE TWEAK

I'LL USE THIS TRIO AT MY THRESHOLD

MANTRA SEED

"Small and honest beats big and abandoned."

☐ DONE FOR TODAY

6

Three Equinox Mantras

Words for the turn of the year.

Mantras here aren't spells. They're short, believable lines you can use in the next ten minutes — before a hard conversation, when motivation is flat, or at evening wind-down.

Keep them as written, or customize so they sound like you. If it feels fake, rewrite until it doesn't. Three lanes for the season: **Release, Steady, Harvest.**

PRACTICE — CUSTOMIZE + MATCH TO SCENARIOS

Release

Default: *"I put down what isn't mine to carry."*

MY VERSION

Steady

Default: *"I move through this day at a human pace."*

MY VERSION

Harvest

Default: *"I keep what already works."*

MY VERSION

SCENARIOS — WHICH MANTRA FOR WHICH MOMENT?

BEFORE A HARD CONVERSATION →

LOW MOTIVATION / FOGGY AFTERNOON →

EVENING WIND-DOWN →

MANTRA SEED

Pick one of your three and say it once at your threshold today.☐ DONE FOR TODAY

7

Mini Energy Kit + Snapshot

Leave with a kit, not a binder.

Kit scarcity is a feature: one home cue, one body/mind practice, three mantras. That's enough to carry into the darker half of the year without a binder you'll never open.

Rescore your Snapshot. One sentence on the biggest shift — even if the shift is “I noticed more.”

MINI ENERGY KIT — ONE-PAGER

HOME CUE (SPACE)

MANTRA — RELEASE

MANTRA — HARVEST

BODY / MIND PRACTICE

MANTRA — STEADY

MY THRESHOLD

BEFORE / AFTER SNAPSHOT *Rescore 1–5. No judgment, just data.*

Body Day 1 ____ Day 7 ____

Mind Day 1 ____ Day 7 ____

Space Day 1 ____ Day 7 ____

BIGGEST SHIFT (ONE SENTENCE)

If you want to go deeper — *Foundations of Everyday Energy* is the fuller path: home, body-mind, and mantras for a normal week. No hard sell. When you're ready, it's there. For now: use your kit.

○ DONE — KIT FILLED, SNAPSHOT RESCORED

Thank you

You showed up for seven small days.

That's how everyday energy actually changes —
not in a weekend retreat you'll never have,
but in thresholds you already cross.

Keep your Mini Energy Kit where you'll see it.
Reuse it whenever the season — or the week — feels off-balance.

@aligned_energy.co

Everyday energy for a normal week — especially as the light changes.
This workbook is for personal use. Not medical advice.