

Midday Energy Reset Cheat Sheet

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Make a Schedule & Stick to It

- Plan focused work blocks
- Schedule movement breaks
- Reduce decision fatigue

The 20-20-20 Rule

- Every 20 minutes
- Look 20 feet away
- For 20 seconds

Walk Around

- Stand up every hour
- Walk for 2–5 minutes
- Boost circulation & alertness

Bodyweight Movements

- Squats, wall push-ups, marching
- 20–30 reps total
- Quick energy boost

Tidy Your Desk or Workspace

- Clear visual clutter
- Reset mental focus
- Improve workflow

Fluids

- Drink water regularly
- Dehydration causes fatigue
- Cold water improves alertness

Switch Tasks

- Change task type when stuck
- Reduce mental overload
- Restore attention

Write Down 3 Small Wins

- Boost motivation
- Reduce stress
- Build momentum

Power Naps

- 5–10 minutes max
- Improve alertness & reaction time
- Avoid grogginess