

WHAT'S YOUR INSTANT ENERGY BOOSTER?

The right mindset tweak can add an instant mood boost – take our test to find your personal energising affirmation

Circle the answers that most closely apply to you, then add up the symbols. Read the section, or sections, you circled most, to find your energy-boosting mantra

1 You usually feel energised when you've

- ♥ Tried something
- Achieved something
- ◆ Learned something
- Found something

2 You feel most energised away from

- Concerns
- ♥ Stress
- ◆ Routine
- Pressure

3 Your worst habit is

- Comparing yourself
- Criticising yourself
- ◆ Neglecting yourself
- ♥ Doubting yourself

4 With more energy, you usually feel

- ♥ Braver
- ◆ Lighter
- Clearer
- Calmer

5 You're most daunted by making

- ♥ Changes
- ◆ Choices
- Decisions
- Connections

6 A life well-lived means

- ◆ Taking every opportunity
- Being your best self
- Being a good person
- ♥ Making the most of every day

7 Your energy would be most depleted by feeling

- ♥ Afraid
- ◆ Lost
- Stuck
- Alone

8 Your go-to energy booster is

- Making plans
- Talking to someone
- ♥ Taking time to relax
- ◆ Thinking big picture

9 Your energy is drained if you

- ♥ Worry too much
- ◆ Expect too much
- Take on too much
- Think too much

10 You hope feeling energised will bring

- ◆ Contentment
- Clarity
- Certainty
- ♥ Calm

Turn the page to find out what affirmation you most need right now



What's your energising mantra?

IF YOU SCORED MAINLY ♥

I am strong

There's a direct link between mental and physical resilience, especially if you have a mind that's prone to worry. Mentally preparing for any eventuality might be your go-to coping strategy, but it can often have a draining effect, gradually depleting your reserves. When you push through your fear and do something out of your comfort zone, you might have noticed an energy uplift that sustains you for some time afterwards. If this is the case, mentally checking any catastrophising with a simple 'I am strong' reminder could have an unexpected benefit of helping you feel more energised both mentally and physically. Your mind might still come up with worst-case scenarios, but mentally repeating 'I am strong' also inserts a pause that invites you to step away from your thinking spiral. It's about using your thinking to support your resilience rather than undermine it, laying a foundation for consistent energy and personal wellbeing. Check in and notice how differently you feel after spending a couple of minutes consciously focusing on your personal triumphs — however tiny — or just every-day events that have gone well. Instead of allowing yourself to overthink something that might never happen, give your wellbeing a boost by being your own cheerleader, and affirming to yourself that 'I am strong'.



IF YOU SCORED MAINLY ♦

I am grateful

More energy might not be the first benefit that springs to mind when you think of reasons to get into a gratitude habit, but it's a form of extreme self-care that can have a lasting impact on wellbeing, boosting energy in the process. If on paper there's much to appreciate about your life, it can be frustrating that your thinking mind still drifts towards problems or stress, draining your energy levels. A daily gratitude practice means consciously giving more mental airtime to what is going well or aspects of your life that bring you joy, balancing the mind's energy-zapping negativity bias. It's also about staying in close touch with what really brings you meaning and pleasure, which can help you make the right choices to support your wellbeing and your energy. A regular gratitude practice also helps build resilience against challenges and setbacks, boosting mood and energy. Try adding to a gratitude list in notes on your phone or on paper in a journal once a day, or simply mentally running through a gratitude list last thing at night. And don't be surprised if this simple habit proves to be the catalyst you need to pay more attention to your self-care in general, raising your default energy levels.



psychologies

DOSSIER

With you
in mind

IF YOU SCORED MAINLY ●

I am enough

Goal-setting can give you an energy hit but if it's become your go-to mood booster, you might be inadvertently sabotaging your energy levels, by creating a feeling of never quite being enough. There's no doubt that regular 'what's next' thinking can motivate you to make changes and to keep growing and learning, but getting stuck in future-planning mode can chip away at your emotional energy and have a knock-on effect on your physical resilience, especially if it's fuelled by comparing yourself to others. Spending too long mulling over ideas of what your life should look like can have the opposite effect to energising you, and start to demotivate instead, leaving you feeling stuck because your goals are out of reach. The antidote when you find yourself caught in a 'what next?' thinking spiral is to pause and consciously acknowledge what you've already achieved or experienced. Mentally repeating your 'I am enough' affirmation is a simple reminder that actually, you don't have to change or strive for anything, and you're perfect just as you are. Try simply being present and fully open to your life just as it is for while, then notice any change in your energy levels. You might be surprised to find the motivation and energy boost you've been craving comes from self-acceptance, not self-improvement.

IF YOU SCORED MAINLY ■

I am loved

Self-doubt can often feed low-level anxiety which over time can take its toll on energy levels. Even enjoyable social interactions feel exhausting when we put a lot of energy into reading the room, second-guessing what people want to hear, or adapting our mood and behaviour to fit in. There are few things more undermining to resilience and peace of mind than living with a sense that you're a heartbeat away from being disapproved of or rejected. Self-doubt often goes hand-in-hand with self-criticism and if you fall back on being hard on yourself as a quick-fix way to motivate and generate energy over time, it will chip away at your mood, with a knock-on effect on energy levels. You may already know that you need to work on your self-compassion and your relationship with yourself, but it can be hard to hold this in mind under stress. Repeating a simple 'I am loved' affirmation may help you snap out of a negative thinking spiral and self-soothe feelings of anxiety fuelled by self-doubt, minimising the toll on your energy levels. For best effects, imagine yourself bathed in a circle of love from the people closest to you. The more often you do it, the bigger the effect on your peace of mind and general wellbeing, including your energy levels.