

Energy & Focus Booster Kit





LifeStar[®]

Energy & Focus Check-In

As a busy professional, you constantly juggle demands. It's important to check in with yourself to see how well your lifestyle supports your energy and focus. This quick check-in is designed to help you identify areas where small adjustments could make a big difference.

Self-Assessment Quiz

Take this quiz to evaluate your current capacity for sustained energy and focus. Answer each question honestly to get the most accurate assessment.

Quiz Questions

1. Move

How regularly do you incorporate movement into your daily or weekly routine?

- ☐ Consistently
- ☐ Occasionally
- ☐ Seldom

What types of movement do you find most energising and enjoyable?

2. Recharge

How often do you wake up feeling genuinely refreshed and ready for the day?

- ☐ Most days
- ☐ Some days
- ☐ Rarely

What practices do you currently use to manage stress and mental fatigue?

3. Fuel

How often do you eat meals that provide sustained energy throughout the morning/afternoon?

- Usually
- Sometimes
- Rarely

What are your go-to food choices when you need a quick energy boost?

4. Connection

How often do you engage in interactions that leave you feeling energised and supported?"

- Frequently
- Sometimes
- Rarely

Who are the people in your life who provide positive energy and support?

5. Focus

How effectively can you concentrate on your most important tasks?

- Very effectively
- Somewhat effectively
- Not very effectively

What strategies do you find most helpful for minimising distractions and maximising your focus?



LifeStar®

Your Results

This check-in is a starting point for your journey towards having sustained energy and focus. Notice where you're already thriving, and where you might want to explore new approaches. Remember, LifeStar is about creating a personalised plan that integrates seamlessly into your life.

If you have mostly 'Usually/Consistently/Frequently/Very effectively' responses, great! Let's explore how to optimise further and ensure your long-term sustainability.

No worries if you have more 'Sometimes/Occasionally' or 'Rarely/Seldom/Not very effectively' responses. This is an opportunity to identify your key areas for positive change. LifeStar can help you develop strategies that fit your lifestyle and preferences.

Want more support?

Are you ready to create a personalised strategy that supports your energy and focus?

[Schedule a free clarity call](#) with Sue to talk about how she and LifeStar can help you find practical solutions that fit your busy life.



© LifeStar Ltd 2025

Wellbeing. Resilience. Performance.



LifeStar®

Easy Boost Meal and Snack Ideas

Discover your quick and smart bites for Energy & Focus

What fuels your best performance? Let's explore some quick and smart food choices based on key nutritional elements that support sustained energy and mental clarity.

You can pick the most appealing options in each category, or add your favourites.

Choose your Fuel

Choose one or more from each group below.

Protein Power

- Greek yoghurt
- Hard boiled eggs
- Left over grilled chicken
- A handful of nuts (almonds, walnuts)

Healthy fats for focus

- Avocado slices
- Nut butter (almond, peanut)
- Seeds (chia, flax)
- A drizzle of olive oil

Fibre for Sustained Energy

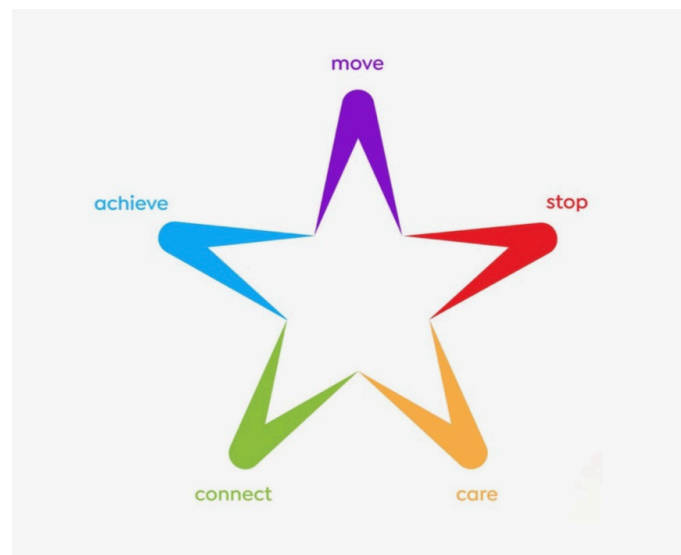
- Berries (raspberries, blueberries)
- Apple slices
- Whole grain crackers
- Baby carrots with hummus
- Small handful of trail mix

Notice how each category provides building blocks for sustained energy and focus? Protein helps with satiety and alertness, healthy fats support brain function, and fibre offers a slow release of energy. By choosing options you enjoy within each of these groups, you're taking another mindful step towards better care of your body and mind.

About LifeStar

The LifeStar Framework is made up of five essential activities and two core attitudes. Nourishing your body and mind fits within the “care” activities of LifeStar.

[Download our free app](#) to learn more about the LifeStar framework and personalised solutions.





LifeStar[®]

Five Minute Desk Reset

Your Body's Mini-Reboot

You know those moments when you've been sitting for a while and feel that stiffness creeping in? This quick mini reset is designed to counteract that, get your blood flowing, and refresh your mind – all in about five minutes. Feel free to adapt these to what feels best for your body.

Stand Up & Gaze (1 minute):

- If possible, stand up from your chair.
- Gently shift your gaze away from your screen and focus on a distant object, ideally something natural if you have a window. Let your eyes relax.
- *Why?* Counteracts prolonged sitting posture and reduces eye strain

Gentle Head & Neck Releases (1 minute):

- Slowly drop your right ear towards your right shoulder, feeling a gentle stretch on the left side of your neck. Hold for a breath. Repeat on the left side.
- Gently nod your chin towards your chest and then lift your chin slightly upwards.
- Slowly turn your head to look over your right shoulder, then gently to the left.
- *Why?* Relieves tension built up from looking at screens.

Shoulder & Chest Openers (1 minute):

- **Shoulder Rolls:** Roll your shoulders forward in a circular motion a few times, then backward.
- **Chest Stretch:** Clasp your hands behind your back and gently straighten your arms, opening up your chest. Hold for a breath.
- *Why?* Counteracts the hunched-forward posture of sitting and helps with breathing.

Lower Body & Circulation Boost (1 minute):

- **Seated Leg Lifts (if standing isn't possible):** While seated, extend one leg straight out in front of you, hold for a second, and lower. Repeat with the other leg. Do this a few times on each side.
- **Calf Raises (if standing):** Gently rise up onto the balls of your feet, hold for a second, and lower. Repeat several times.
- *Why?* Gets blood flowing to the larger leg muscles, counteracting stagnation from sitting.

Side Stretch & Deep Breath (1 minute):

- Stand (or sit tall). Reach one arm overhead and gently lean to the opposite side, feeling a stretch along your side body. Hold for a breath, then repeat on the other side.

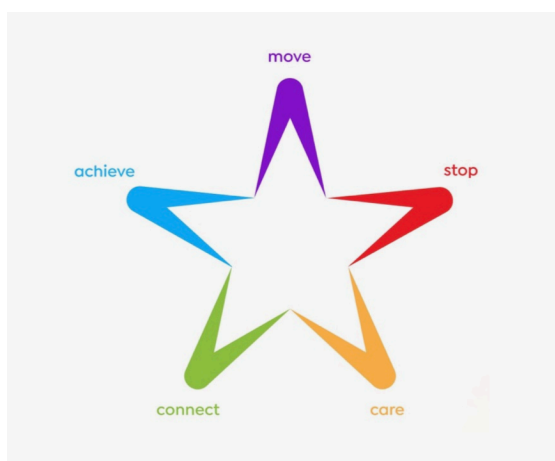
- Finish with two slow, deep breaths: inhale deeply through your nose, and exhale slowly through your mouth.
- *Why?* It stretches the side body and improves flexibility, and deep breathing helps with focus.

This quick reset integrates two of the essential points of LifeStar: the 'Move' point, which involves getting your body out of static positions, and the 'Stop' point, which encourages mindful breathing and a shift in focus. Experiment with these movements and notice what feels best for your body. This is about finding your way to bring more energy and ease into your day.

Want more personalised support?

The LifeStar Framework is made up of five essential activities and two core attitudes. Nourishing your body and mind fits within the “care” activities of LifeStar.

[Download our free app](#) to learn more about the LifeStar framework and personalised solutions.



© LifeStar Ltd 2025

Wellbeing. Resilience. Performance.