

ENERGY PENNIES

Game Template



JOY

Get out into nature and
put your toes into the
grass. Stay there for five
minutes, just feeling life
around you.



QUITCAST
FOR WRITERS *with Becca Syme*

JOY

Watch an episode of your
favorite TV show or
throw in your favorite
movie.



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JOY

Watch four or more
episodes of your favorite
TV show or watch movies
all day long (especially
alone).




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JOY

Plan your next vacation.
Look at the places you'll
visit and where you'll
stay. Maybe even what
you'll eat.



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JOY

Plan your next vacation.
Look at the places you'll
visit and where you'll
stay. Maybe even what
you'll eat.

LEAK

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JOY

Reach out to your favorite person in the world today. Tell them what you appreciate about them. (You can say Becca made you if spontaneous compliments make you uncomfortable.)



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JOY

Watch the sunrise or
the sunset or a rain
storm.



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JOY

Eat something
crunchy.




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JOY

Go to YouTube and find a
cat, dog, baby, or other
heartwarming video that
will bring you joy.



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JOY

Drive or walk “the pretty way” to work or the store or the coffee shop.
Notice the pretty.



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JOY

Name five things you are grateful for. Say them out loud, Miz Mollee, and enunciate.



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JOY

Clean and/or organize
one room in your house
or apartment.



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COURAGE

There's an appointment
you've been putting off,
Kat. Go get your phone
and make the
appointment now.




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COURAGE

Text that person you've
been thinking about.
I'll wait here...




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COURAGE

Say no, Aidy.
You can blame Becca if
you want, but say no.




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COURAGE

There's a financial task
you've been putting off
doing. Take the first
step today.




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COURAGE

Make that reservation
you've been wanting to
make, Claire. Or that
plane ticket... get it
booked.



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COURAGE

Ask for what you want.
Yes, there's a possibility
you won't get it. But you
absolutely won't if you
don't ask.



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COURAGE

Reply to the email you've
been not-replying-to. Rip
the band-aid off, Ryan.
It won't help to wait.



COURAGE

The change you've been thinking of making... start today. Not tomorrow. Try starting today and see what happens.




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COURAGE

Do something that makes
you feel competent.
Preferably the most
competent you feel, but I'll
take “very” competent.



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COURAGE

The person you met that
you've been wanting to
be closer to... reach out
to them with a question
or an ask for help.



COURAGE

That scary project you've been thinking about but not working on... it's time to face that project. It's not going away until you finish it.




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COURAGE

Don't reach for the
phone when you wake
up in the morning.



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SPIRIT

Call the person you feel
the safest with and ask
them if they can video
chat or meet for lunch.

This week.




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SPIRIT

Go for a nature walk and
let yourself soak in all the
aliveness around you.




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SPIRIT

Pray.
Or meditate.
Or both.




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SPIRIT

Write out all the positive emotions you're feeling.

Start with happy, then grateful, then hopeful, then secure.



SPIRIT

Tell someone how
much you love them
and specifically what
you love about them.



SPIRIT

Go to a botanical garden or butterfly sanctuary or somewhere that's teeming with life. Spend an hour there, just existing.



SPIRIT

Go to a vibrant and
beautiful public place
with a crowd of people
and sit in the midst of
that crowd.



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SPIRIT

Hug an animal (a willing animal) if you have one in your home. Or go to a shelter and offer to pet or walk the animals there.



SPIRIT

Sit in a quiet room,
with nothing on and no
screens around you,
and feel the peace of
the quiet.



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SPIRIT

Read a David Whyte
poem. Or Maya
Angelou. Or Joy Harjo.
Read every word
aloud.



SPIRIT

Listen to music without
doing something else
at the same time. Just
lay there and soak in
the music.



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SPIRIT

Sing.

Not to sound beautiful.



To make your breath
alive.




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THOUGHT

Dig out an old book you read that made you think deeply about a topic. Read your favorite parts and sit with them again.



THOUGHT

Go looking at the current best-seller lists for nonfiction on Apple, Kobo, or another retailer. Pick one and start today.




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THOUGHT

Take out a journal or open a document and answer the question: What would I do with my life if my opinion was the only one that mattered?



THOUGHT

Make yourself a “thoughtful spot” somewhere in your house. Create a space that facilitates you being quiet and conscious with yourself.



THOUGHT

When you are overwhelmed,
walk away from the
computer, the situation, the
person, and return later.
Take the time in the moment.



THOUGHT

Take a deep dive into a new topic. Find all the resources you can and lose yourself in the pleasure of the new information.



THOUGHT

Create space in your day for thinking. Don't wait for later, Macy. However you think the best, take fifteen to twenty minutes (longer if you have the time).



THOUGHT

Sit with one of the bigger philosophical questions of our time. Don't expect an outcome, just let yourself think deeply about it.




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THOUGHT

What is coming for you in the next days, weeks, or months? Look at your calendar and think through what will happen.



THOUGHT

Phone a friend who likes to think deeply about things and ask them for their opinion on a current difficulty or question you are facing.



THOUGHT

Find a documentary you haven't watched before and turn it on. Sit with a notebook and jot notes about what you're learning.



THOUGHT

Make a spreadsheet of data for a problem you're facing or a decision you need to make. Gather all the data you can. What does it tell you?



REST

The thing you volunteered
for, but you want to get
out of it? Cancel right
now. Tell them Becca
made you.



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REST

Gather all the pillows in your house into one spot and sit in them. Make yourself comfortable and stay for five minutes.





REST

Close your eyes and practice
box breathing.



Breathe in for four.

Hold for four.

Breathe out for four.



Hold for four.





REST

Go to bed early
tonight, Jen. Shut down
your tech at least an
hour before bedtime.






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REST



Wake up late
tomorrow morning.
Later than you want to.
Later than is
comfortable.




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REST



Read a book, Jason.
Go on.






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REST

Lie on the ground and
stare at the ceiling.



Extra points if this is
outside, staring at the
clouds or the sky.




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REST

Play a video game. Of any kind, for any length of time.



REST

Take a day fully off
social media.
Fully, my friend.



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REST

Limit your screen time
today and spend more
time looking at physical
objects and real
people.




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ACTION

Walk to the end of the
block and back.

My friend.

Don't think about it. Just
get up and do it.



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ACTION

Listen to a song that
reminds you of a time in
your past that you
enjoyed.



ACTION

Do the YLTW stretch.

Put your arms in a Y formation and hold. Then bend at the elbow to make L shapes and hold. Then arms straight out at the shoulders and hold. Then bring your elbows toward your ribcage for a W shape and hold.



ACTION

Drink a glass of
water, George.
Go on. Right now.




QUITCAST
FOR WRITERS *with Becca Syme*

ACTION

Wake up early
tomorrow morning and
jump out of bed as
quickly as you can.



ACTION

If you have a bicycle, pull it out and ride it. If you have sporting equipment, throw a ball around. Play.



ACTION

Find some stairs and
walk up and down the
stairs as quickly as you
are able.



ACTION

Hug someone.
Or hold hands. Or just
sit in the same space.




QUITCAST
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ACTION

Eat a vegetable or a piece of fruit. (Try a new one if you're bored.)



ACTION

Do your laundry, Kevin.
Or switch the laundry,
Kevin. Or fold the
laundry, Kevin... you pick.




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