**Daily Rituals to Boost Mental and Physical Energy**

It shouldn’t come as a surprise that energy is essential. Without it, both physical and mental, we will feel absolute and utter exhaustion that can reduce our efficiency and productivity, which will ultimately affect our goals. To continue to do your best work each day, you need to find ways to boost your energy. Here are five daily rituals that will increase your mental and physical energy.

## Develop Self-Awareness

If you don’t possess any self-awareness, then you won’t have a clear idea of what is draining your energy. Developing self-awareness isn’t easy, but you can accomplish this with regular meditation or mindfulness. Being able to know when your energy dips can help you come up with a plan to correct the issues.

## Use Your Energy More Skillfully

While self-awareness can help you identify the source of stress and energy drain, you need to know when you should stop and take a break, and make use of the information so you can know when and where to apply your energy. Taking breaks throughout the day will help boost your energy and increase your productivity.

## Master Your Morning Routine

What you do when you first wake up is a major contributing factor to the amount of energy you'll have for the rest of the day. This doesn't require you to do anything crazy. Just waking up thirty minutes earlier than you usually do and taking time to meditate or engage in another creative activity can energize you and place you in a more optimal state of mind.

## Master Your Evening Routine

The energy level that you have during the day is dependent on whether you’ve had a good night’s sleep. If you find that you lack energy throughout the day, then you need to focus on improving your quality of sleep. Here are several things that you can do to improve your sleep at night.

* Turn off your electronic devices at least one hour before bed.
* Set a regular bedtime.
* Have a nightly ritual to help calm your mind and prepare you for sleep.

## Get Active

Physical exercise is a great way to increase physical energy. That being said, you don't have to spend hours at the gym to benefit from physical activity. You can head outside for an afternoon walk, put your favorite music on and dance around your living room, or take a leisurely stroll around the block. Even if you only get active for seven minutes, you’ll see an instant boost in your energy.

There are a lot of ways to boost your physical and mental energy. Stop living a life of exhaustion and increase your energy to start living better.