

15 POINT PLAN

FOR HEALTH + HAPPINESS

Do you ever feel stuck in a rut? Do you fall victim to being stressed out and less productive than you'd like to be? Adopt this 15 point plan from Ben Kinney to increase your energy each and every day.

WIN MAKE GIVE
15POINTPLAN.COM



GOALS

Write them and rewrite them often. Create a vision board. Know them so you can achieve them.



MOVEMENT

Elevate your heart rate every day to create endorphins. Not able to do that today? At least get your steps in to keep your body moving.



HYDRATION

Our bodies are mostly water and we need more water than you think. Make sure each day you are reaching your H2O intake goals.



SLEEP

Sleep is one of the most important building blocks to great health and high energy levels. Get your daily required amount of sleep!



NUTRITION

Not eating well makes you grumpy and lowers your energy reserves. Eat healthy and eat often to keep your levels high.



SUPPLEMENT

Take your vitamins and minerals to help your body and mind be optimized for peak performance.



INFLUENCES

Be mindful of what you pay attention to. Get rid of negativity in your life, including news, movies, or people if necessary.



JOURNAL

Make a habit of writing down what happened, your thoughts, things you learned, etc. every morning or night.



MINDFULNESS

Make the time for daily, purposeful meditation or prayer to center yourself mentally and spiritually.



GRATITUDE

You can't be grateful and angry at the same time. Practice gratitude daily, on your own, as a family or in a group when possible.



LAUGH

Set a timer for 30 seconds and just laugh for no reason, or watch comedy. It changes your entire energy, mood, and state. Try this before you have to do something serious, stressful, or hard.



LEARN

Make a goal of learning something new every day. Read books, listen to podcasts or audio books, watch videos, or take courses.



HOBBIES

Find something you can look forward to, plan, and research daily.



SERVE

Volunteer, donate, and help an organization or a friend in need. Do what you can to get your mind off yourself and focus on others.



TIME

Protect some daily alone time and create daily social time to raise those energy levels, no matter if you are an introvert or an extrovert.

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Listen to Season 1 of the 15 Point Plan podcast to learn how to follow this daily energy plan created by Ben Kinney and how to set your targets to earn a point for each of these categories. Track your total points for each day, then rank how you felt that day on a scale from 1 to 10. You'll notice that the lower the score, the lower your natural energy will be, and the higher the score, the more productive you will be with high energy levels. **Do this for 30 days to control how you think and act, and it will change your mindset and your entire life.** As Ben Kinney says, "Winners focus on what they can control."

