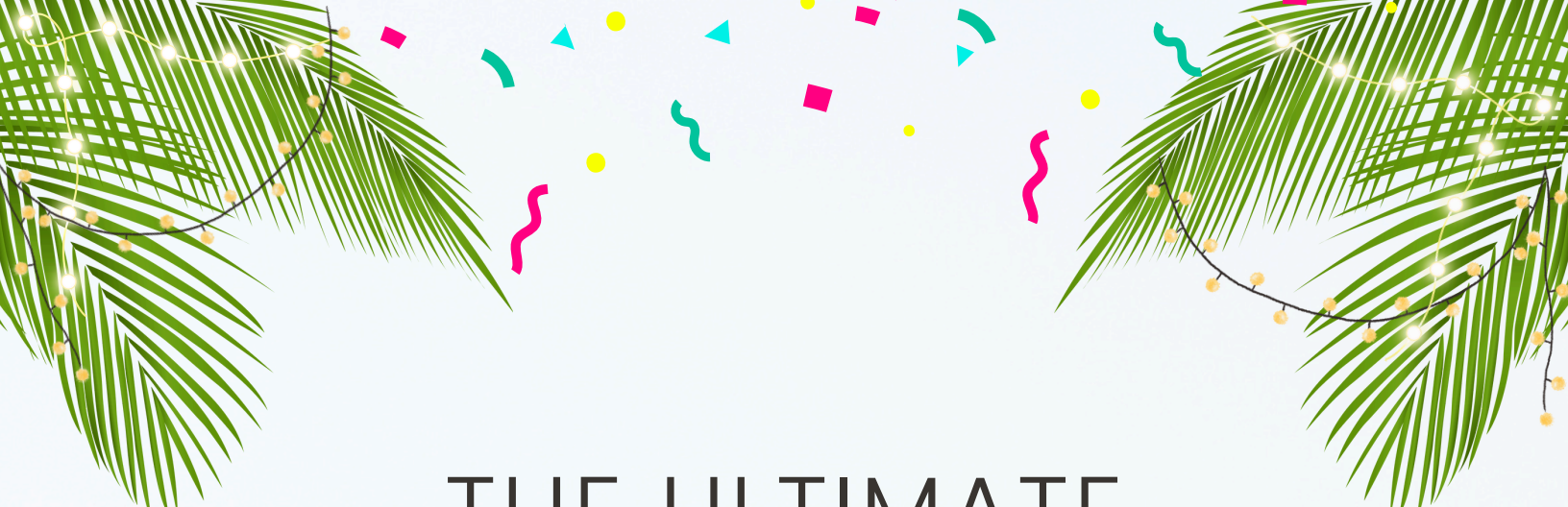




THE ULTIMATE **ENERGY** PLANNER

TRANSFORM ENERGY DRAINERS INTO A SOULFUL CELEBRATION!



 **ENERGIZE U**
with nicole isler



DESIGNING YOUR DESTINY ONE DETAIL AT A TIME

Learn to use energy to manifest your best life and transformation is not just possible, it's inevitable.

This Planner Belongs to

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Welcome to the Ultimate Energy Planner!

This **dynamic tool** is your ticket to **Inspiration Island**! Dive in to **assess** your energy, **address** any areas needing attention, and **dream big** as you craft your **soul-guided strategy** for vibrant living. This planner is a compass guiding you toward clarity to transform your dreams into reality.

- INTRODUCTION - Hey! Let's get your energy party started!
- PARTY BLUEPRINT - Oh, the possibilities!
- WELCOME TO THE PARTY (in this planner) - Why living like the ultimate party matters!
- THE ULTIMATE PARTY LIFE? - The essence of the UP lifestyle!
- THE ULTIMATE PARTY VIBE? - This is all about feeling good!
- ULTIMATE DREAM VISION - What is your dream lifestyle?
- DREAM BLOCKERS - What is getting in the way?
- BEING BLUEPRINT - Who do you need to be?
- INTUITIVE CALIBRATION - What's your divine timing?
- PARTY VIBE SNAPSHOT - Assess your energy!
- SUPPORT FOR RAPID MANIFESTING - How I can help with your energy makeover!

introduction

Ever feel like your energy's slipping through your fingers faster than sand on a windy beach day?

Let's put a stop to that. I'm Nicole, and if there's one thing I know, it's energy and how to harness it, keep it flowing, and make it work for you.

Clients often tell me they're drawn to my vibe, craving the kind of positive energy I seem to radiate effortlessly.

But I get it, maintaining that level of vitality isn't always a day at the beach. That's where I come in.



I crafted this planner with one mission in mind: to help you reclaim your energy, happiness and purpose. We'll dive deep, uncovering the hidden drains on your energy, the toxic influences and party crashers lurking in the shadows.

But let's not stop there. My ultimate goal? To empower you to take charge of your own healing journey. With a healthy dose of transparency and a no-nonsense approach, I'll guide you toward lasting transformation.

Consider this planner your key to a brighter, more vibrant life. Together, let's leave tiredness and fatigue buried in the sand and rewrite your story with energy, joy, and purpose. ✨

I bring a fresh perspective to transformation. (think fun and games with serious intention) Being playful is my jam, and I'm all about breaking away from the cookie-cutter approach.

Because let's face it, who wants boring and heavy when you can have light, free, and happy? But don't mistake my playfulness for lack of depth. It's all about being soul-guided. Just ask **my client Marge...**

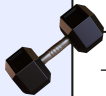
"Nicole's approach was a revelation for me. She created a safe space where I could open up and share things I'd never felt comfortable expressing before. Through our sessions, I discovered a newfound sense of freedom and vitality."

Together, we uncovered that Marge had a skewed perspective on play, believing it had to fit a certain mold. By redefining what fun and play meant for her, she found joy in her own unique way. **Now it's your turn!**

DREAM BOARD

Buckle up! We're taking a trip back in time before you were taught to limit your potential. Grab your magic pen. Let's play - **Anything is possible!** With every stroke, let your dreams take shape. This isn't about perfection or figuring out the nitty-gritty details. You're revving your "make it happen" power!

Health & Fitness



+

+

+



INSPIRE
OTHERS



Career & Business



+

+

+

LIVE
YOUR
PASSION

Love & Relationships



+

+

+



Money & Finances



+

+

+



Welcome to the party!

(in this planner!)

I believe **life is the ultimate party**. I'm here to ensure you're not just a guest but a VIP on the list!

Picture this: you're at the coolest bash, positive vibes buzzing, music pumping and worries melting away. That's the kind of energy I bring to every day.

Sure, the world has its share of chaos. All the more reason to crank up the fun and joy. I'm here to help you find **your soul groove**, embrace the happy moments, and make every day a celebration.

In our current world climate, **living life like the ultimate party** cannot be reserved for weekends and holidays—it **must become a lifestyle**. Keeping your spirit high, your energy bright, and your soul dancing **helps you navigate the noise and create harmony so you thrive**.

So, **welcome to the energy party!** I'm thrilled you're here. Let's turn up the music and throw some serious confetti, because life's too short not to celebrate every moment. 🎉

PRO-TIP: Make this a soulful experience. Reserve 30-minutes of sacred space before diving in. When you're ready, grab your fav beverage, light a candle and enjoy your discoveries!



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The time and presence you invest in these pages are about getting clear.

Clear about what you truly desire at the soul level.
Clear about what's stopping you from feeling good.
Clear on simple steps to move in the right inspired direction.

First...**get centered with 3 cleansing breaths . . .**

**BREATHE
DEEPLY**
exhale

**BREATHE
DEEPLY**
exhale

**BREATHE
DEEPLY**
exhale



You're doing awesome!

What is the Ultimate Party Life?

(The UP Lifestyle)



Have you been dreaming of living life like it's a perpetual celebration? Where every moment feels like a VIP experience?

That's the essence of the Ultimate Party (UP) life.

Owning your power, embracing your truth, and making every day the best day of your life.

But let's be real, sometimes life throws a few curveballs, leaving you feeling less than festive.

No worries! That's where this planner can help. You'll be dreaming, but also assessing obstacles. That way, you can address them and create a soul-guided strategy to make improvements.

PRO TIP

Set your intention to complete this planner from an empowered mind.

Be the authority over your doubt, dream with your whole heart, and put your big ideas on paper. Then be brave enough to call out what may be holding you back.

What is the Ultimate Party Vibe?



Imagine waking up each morning with a bounce in your step and a smile on your face, ready to embrace whatever comes your way because it feels like an adventure. **That's the ultimate party vibe.**

If you're continuously feeling weighed down, anxious or questioning your energy as you move through life, it's time to make a change before it takes a toll.

This planner isn't just about self-care tips; it's a practical, soul-guided tool to help you pinpoint what's draining your energy and create a strategy to overcome it.

Let's **ignite your spark** and dive into the UP Lifestyle together! 🎉

PRO TIPS TO USE THIS PLANNER.

DON'Ts

1. Don't let fear or practicality limit your dreams. Embrace the wild and wonderful possibilities!
2. Don't get caught up in overthinking. Let your intuition guide you, and trust that your first instincts are golden.
3. Don't multitask while filling this out. Set aside dedicated time to fully immerse yourself in the process.
4. Don't entertain negative thoughts or doubts. Kick them to the curb and make room for positivity to shine.

DO's

1. Dream big and bold! This is your chance to envision the extraordinary, so let your imagination soar.
2. Jot down whatever comes to mind; those spontaneous ideas are often the most brilliant.
3. Treat yourself to 30 minutes of pure, uninterrupted bliss with your planner. Make it a sacred ritual.
4. Amp up the self-talk and focus on the positives. You've got this, and your dreams are within reach!

ULTIMATE DREAM VISION



1

If you could get what you want in the next 90 days, what would that look like? What will you see, hear, and feel when you have what you really want?

.....

.....

.....

2

What will having that do for you? What would that feel like?

.....

.....

.....

3

What would be the best part of that?

.....

.....

.....

DREAM BLOCKERS



1

What do you feel is stopping you or slowing you down from having what you want now? What gets in the way?

2

What's your biggest challenge with your answer to #1? How has that impacted you? What is it costing you now - and in the future?

3

How does that make you feel? Where do you feel it in your body? What comes up for you?

BEING BLUEPRINT



1

Who would you need to “be” to have your UP life? What qualities come to mind about a person living your UP lifestyle?

2

In what ways are you already like the person who could make your UP life reality?

3

How are you not yet like that person? What qualities can you practice with more intention to shift into the being state to live your UP life?

INTUITIVE CALIBRATION



1

Why do you need to achieve this dream? Why is this dream/goal important to you?

2

What else would unfold for you if you did achieve this dream/goal?

3

What resources do you need to make solid progress? (more time, energy, expert guidance, planning, intuition...) What additional support would be helpful for you?

*"Everything is Energy
and that is all there is to it.
Match the frequency of the
reality you want and you
cannot help but get that
reality. It can be no other
way. This is not philosophy.
This is physics."*

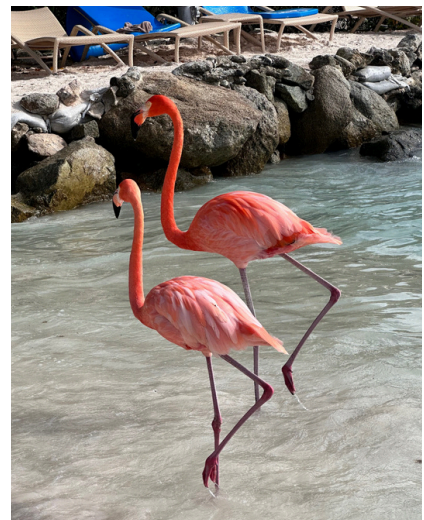
—Albert Einstein.

Let's dive into the energetic realm. Everything is energy, but not everyone's energy is yours to tend to.

Sensitivity to energy means feeling things deeply—a superpower with both light and shadow sides.

On the bright side, it's all about experiencing profound love, beauty, and the magical essence of life. It might also involve feeling sorrowful, witnessing others' pain almost like it's your own or enraged by injustice.

For me personally, seeing animals or children experience any harm or neglect can make me burst into tears instantly. I feel it so deeply it can take my breath away.



Living the UP Lifestyle means embracing the full spectrum of emotions. It's about celebrating triumphs, basking in gratitude, and yes, allowing space for sadness, anger, and frustration. After all, it's okay to feel bad sometimes; it's part of the human experience.

Your **emotions aren't a burden; they're a guide.** They shed light on what's working and what's not in your life. By taking charge of your energy and emotions, you gain the freedom to feel without getting stuck in negativity.

So, let's dig deeper into the Influencers. What's boosting your energy? What's draining it? Take a closer look at what's capturing your attention and discern whether it's serving you or draining you. Once you have clarity, you'll know where to focus your energy for positive change.

PARTY VIBE SNAPSHOT

Mentally Focused. Physically Vibrant. Soulfully Inspired. Emotionally Empowered.

DATE:

PRIMARY 90-DAY GOAL

NAME:

PURPOSE

Life is Energy. Energy is Life. Big dreams require healthy energy! The most important thing you can do for yourself is to maximize your energy by investing it where it matters most for you.

How much of your energy is spent on distractions or things that don't really matter? (This is key to assess and address)

Use this tool to identify where you're spending energy vs. where you want to invest it. When you learn to channel your energy where it matters for you, you can manifest with greater power and ease.

INSTRUCTIONS

Complete this energy assessment using the following scoring options:

ALWAYS - Mild/moderate symptoms 3+ /week or severe symptom 2+ /week
SOMETIMES - Mild/moderate symptom 1-2 /week—even if barely noticeable
NEVER - Symptom is not on a regular basis (very rare or only situational)

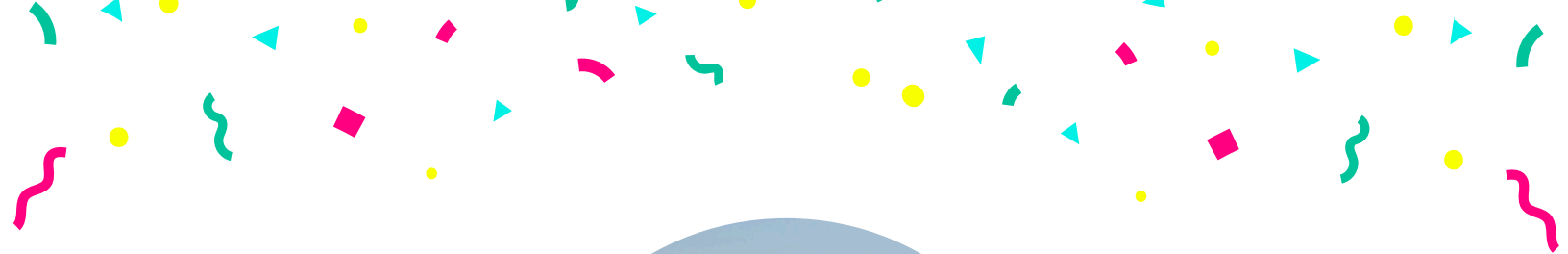
ENERGY REALMS

- MENTAL
- EMOTIONAL
- PHYSICAL
- SPIRITUAL



"I took the PV snapshot again. What a difference compared to the first time I took it when I started the course. I **went from** being deep into 'lifeless' to 'life of the party'. So awesome to have a quantification of how far I've come. Hot damn! Amazing progress. You've helped me faster than any professional I have tried."

Doris



MENTAL ENERGY

A S N

I worry about my future and the unknown	---	---	---
My thoughts are fixed on problems, what is wrong or not working	---	---	---
I don't have time, I always feel behind	---	---	---
I worry about things that have not happened	---	---	---
I think about past events wishing for a different outcome	---	---	---
Negative events in the news or around me really affect me	---	---	---
if I could get more done I'd have time to enjoy things I care about	---	---	---
I get into arguments with my family when I get home from work	---	---	---
I feel tense by the end of the day	---	---	---
I complain, tend to see the negative side of things	---	---	---
Other people's comments, energy actions affect my mood	---	---	---

TOTAL: --- --- ---





EMOTIONAL ENERGY

A S N

I find myself speeding or feeling tense while driving

I feel irritable or short tempered, anger or snap easily

I shut-down, withdraw, feel very little emotion, or stuff it down

I feel down or blah, no real enthusiasm about anything

I feel nervous and anxious much of the time, can't relax

I feel lonely, I isolate from others

I feel overwhelmed, I freeze under pressure

I have nervous habits (nail biting, pacing, etc)

I eat for comfort

I want to cry when I'm alone or feel too much too often

I don't know why exactly, I just feel "off"

TOTAL: ___



A S N

I wish I had more energy during the day

I skip breakfast and or other meals

I feel exhausted before the day really begins

I hit the snooze button several times in the morning

I don't feel rested when I get up in the morning

I need a cup of coffee to function in the morning

I suffer with aches and pains, digestive problems, medical issues

My energy crashes in the afternoon and/or I'm a zombie by night

I exercise less than 3 times per week

I eat on the go or fast food several times per week

My eating habits have changed (eat too much, skip meals)

TOTAL: ___

SPIRITUAL ENERGY



A S N

I don't feel connected to the people in my life

___ ___ ___

I've lost hope in miracles or prayers answered

___ ___ ___

I don't think I make a difference in the world, I feel insignificant

___ ___ ___

I am fearful of going after what I want

___ ___ ___

I don't have time to pray, meditate or visualize my goals or can't

___ ___ ___

I don't understand or feel my purpose in life

___ ___ ___

I have trouble letting go and allowing, I can be controlling

___ ___ ___

Recurring problems and struggles keep coming into my life

___ ___ ___

I don't make time with friends for socializing, or have friends

___ ___ ___

I don't have time to care for myself or have fun

___ ___ ___

I don't have any interests I feel passionate or inspired about

___ ___ ___

TOTAL: ___ ___ ___

TIME TO TALLY!

Tally the columns in each energy section.

Add how many "Always" or "Sometimes" you answered to the questions in any section, to see if you are losing out on vital dream building energy.

A S N

--- --- ---

WHAT DOES YOUR SCORE MEAN?



0-5: LIFE OF THE PARTY

You're the ultimate party powerhouse! Your vibe is pure soul fire, effortlessly maintaining your energy and state. Keep doing what you're doing, surrounded by your party peeps, engaging in fun activities, and visualizing your dreams. This is where the magic truly happens.

6-11: PARTY ON

You're cruising along well, but maybe it's time to fine-tune your energy game. Stay on track with healthy choices, prioritize self-care, and keep that sparkle alive. Don't let distractions crash your vibe, put yourself first and watch your energy soar.

12-17: PARTY CRASHER

Feeling the stress of uninvited guests crashing your party? It's time for a change. Identify what's draining your energy, eliminate distractions, and prioritize self-care. With positive adjustments, you'll reclaim your party mood and feel revitalized.

18-23+: LIFELESS

Your body is pleading for a recharge, but you're running on empty. It's time to prioritize self-care and seek support. Embrace your current needs and make positive changes to reclaim your vitality. With the right approach, you'll soon feel lighter and more energized.

Don't underestimate the power of your energy audit.

Take a moment to jot down your thoughts, reflections, and any big ah-ha moments. Trust me, putting pen to paper is like unleashing your inner magic onto the page.

Plus, when you're feeling like you're on cloud nine after making changes, you can look back and see just how far you've come. Tracking your progress like this? It's pure gold!

And let's be real: keeping the party vibe alive can be tough when you're running on empty or feeling under the weather. To truly embrace that ultimate party lifestyle, you must be firing on all cylinders.

No matter what you discover, remember that you're not stuck in that 'blah' zone forever. This audit is just a snapshot, and guess what? Everything's changeable. With a few shifts, you can **ignite your SPARK** and **transform your energy** to *manifest your best life*!

Living with chronic stress and low vibes? That's a fast track to feeling like you're crashing your own party. **But picture this:** feeling light, vibrant, and ready to ENJOY as VIP in your life!

Let's reignite your spark together. Because life after 40 isn't a winding down — it's a rising up.

Imagine yourself clear, strong, and radiating with that undeniable party vibe energy. It's time for you to shine bright and live life like the ultimate celebration! 🎉

NOTES

WANT MY HELP TO DESIGN YOUR DESTINY?



Don't let the insights and revelations you've gained from this planner remain confined to its pages! Now is the moment to chart your course and take action.

While this phase can be exhilarating, it's common to encounter uncertainty about the next steps. That's where I step in—I'm here to dispel any confusion.

Meet me for a cosmic conversation!

Imagine us sitting together, poolside, sipping lemonade and diving into the insights and revelations from your journey through your energy audit. Don't let these discoveries remain confined to the pages! Now is the moment to take inspired action.

As exhilarating as this phase can be, it's natural to feel uncertain about the next steps. That's where I come in. I'm here to help you sort through the emotions, outline actionable steps, and craft an intuitive strategy that resonates with you.

Let's turn these insights into tangible progress. Grab your sunglasses and let's chat!

YOU HAD ME AT POOLSIDE!



PS. I don't like to waste anyone's time, so this call helps me assess things faster for you. If I don't feel I'm the right coach or timing is off, I'll let you know. This is about helping you find your solutions!

support@nicoleisler.com

www.nicoleisler.com

MORE TROPISOUL TRANSFORMATIONS

Let's get you added to the list!



JENNIFER RATHMELL



JOY ALLEN



SHELLY CHRISTIAN



CATHI COHEN-BROWNFIELD





Energy Coaching for a Vibrant Life



I trust you enjoyed the transformative journey with my planner –a glimpse into the limitless possibilities that await you. Destination: Paradise!

My approach is tailored to your path, personality and bringing the best out of you! Let's make your journey the next inspiring TropiSoul transformation!

COACHING HIGHLIGHTS

Personalized Guidance

Relentless Support

Intuition Training

Soul-Guided Strategies

Mindset Mastery

Holistic Approach

If the planner resonated with you, I'd love to hear your takeaways. You'll receive an extra BONUS as a token of appreciation for being awesome.

Email me support@nicoleisler.com.

Your transformation journey is a priority. I want to celebrate that you took this step!

www.nicoleisler.com



Empower yourself with transformative and intuitive energy coaching.