

# # PEPPER TIME 20: SUPERCHARGE

**Timing:** 2–5 minutes, anytime a normal rep isn’t enough to shift your state.

**What you’ll need:** Music, space to move, and a willingness to feel silly.

**What it’s about:** Break the Judge’s spiral by flooding your system with energy, movement, and unconditional joy.

**How to do it:**

- 1. Check your mood. Rate how you feel right now on a scale of 1–10
- 2. Move to music. Put on a song you love and let yourself go: dance, jump, laugh, shake, get playful—whatever feels freeing.
- 3. Stay with it. Keep moving until you sense a real shift in your body—sometimes one minute, sometimes five.
- 4. Re-check your mood. Rate yourself again. Notice the change.

**What to expect:** At first, resistance. The Judge whispers: “Don’t. This won’t work.” Push through. Soon your body takes over. Energy rises. Stress melts. Joy comes back online. Once you’ve charged, ask your Power Brain: What’s needed now? If the answer is clear—make the call, open the file, send the message—do it. If the answer is unclear, let the five powers guide you: Empathize to connect, Explore to widen perspective, Innovate to spark options, Navigate to remember what matters, Activate to take the next step. Supercharge isn’t about pretending everything is fine. It’s about giving yourself enough fuel to choose powerfully again.