

# UNLOCK ENERGY FOR PURPOSEFUL RESULTS

## In this program learn how to:

- \_\_\_\_\_ shift your energy.
- Tap into \_\_\_\_\_ resources of energy.
- Shift towards energizing \_\_\_\_\_.
- Increase helpful \_\_\_\_\_ about life.
- Practice \_\_\_\_\_ techniques you can do \_\_\_\_\_ for \_\_\_\_\_ energy.

## Results of having more energy:

- Increased \_\_\_\_\_
- Superconscious \_\_\_\_\_
- More \_\_\_\_\_
- Do more of what you \_\_\_\_\_
- \_\_\_\_\_ and \_\_\_\_\_ at work

## What does it mean to “have energy”?

### Three components of energy:

Q \_\_\_\_\_

Q \_\_\_\_\_

D \_\_\_\_\_

### Three techniques to feel more energetic:

1. Superconscious \_\_\_\_\_ Exercises
2. \_\_\_\_\_
3. \_\_\_\_\_

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