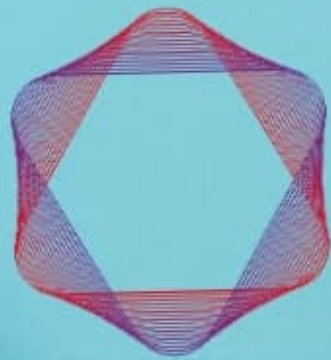


LIVE  
YOUR BEST  
LIFE



*Live Your Best Life!*

# **BOOST YOUR ENERGY!**

Virtual Workshop Series

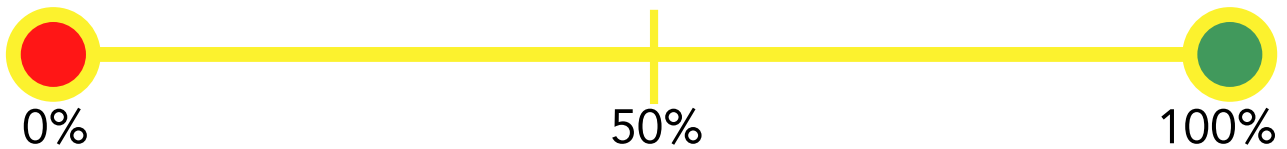


**Deciding what NOT to do is as  
important as deciding on what to do.**

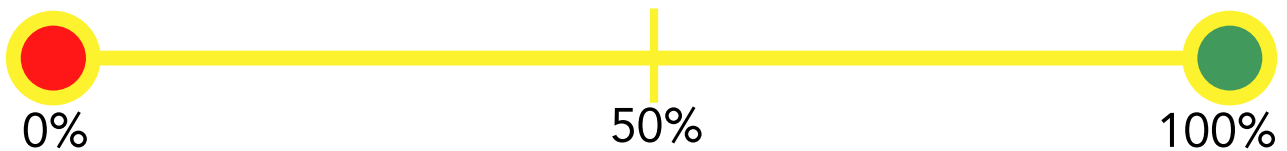


# 1. Energy Balance

What is your average level of energy?



Where would you like your level of energy to be?



**If you had this perfect level of energy,  
what would you use it for?**

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# 1. Energy Balance

+ Energy Givers

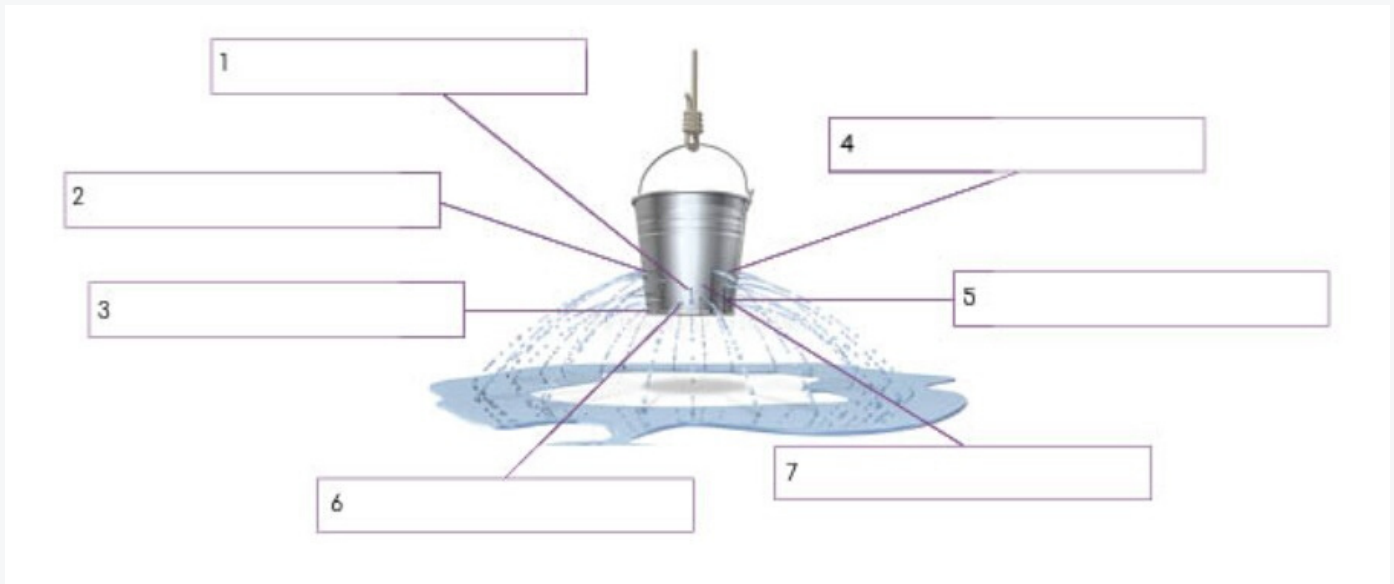
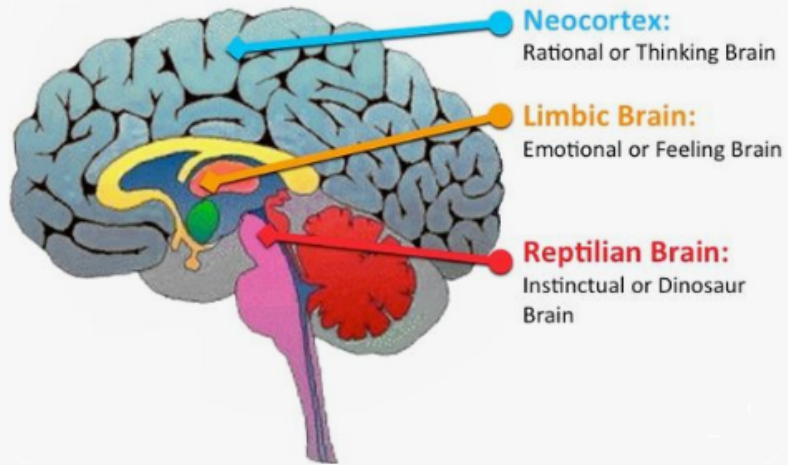
A vertical rectangular box with a green border and a yellow background. It contains 20 horizontal grey lines, each preceded by a black plus sign (+).

- Energy Takers

A vertical rectangular box with a green border and a pink background. It contains 20 horizontal grey lines, each preceded by a black minus sign (-).



# 2. Energy Leaks



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# 3. Complete Incompletions

**Free up your energy:  
Complete your incompletions!**

1.

2.

3.

4.

5.

6.

**Setting a commitment:**  
**I will.....time....measure.....**  
**Inspiring/motivating**  
**20% out of comfort zone**



**"I AM....  
two of the most powerful words,  
for what you put after them shapes  
your reality"**





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