



**Systems Four & Five - Master Your Energy**

**And Master Your Connections**

1. What is your mission or purpose?

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2. How often do you move? How?

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3. What are you in the habit of eating?

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4. Are you aware of your breath?

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5. How is your digestion?

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6. What do you do for fun? How often?

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7. Who supports you- personally and professionally?

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8. How are you communicating with them? Are you present in your conversation?

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9. How often do you collaborate? What are you doing to generate new collaboration opportunities?

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10. What is stopping you from being related and supported?

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