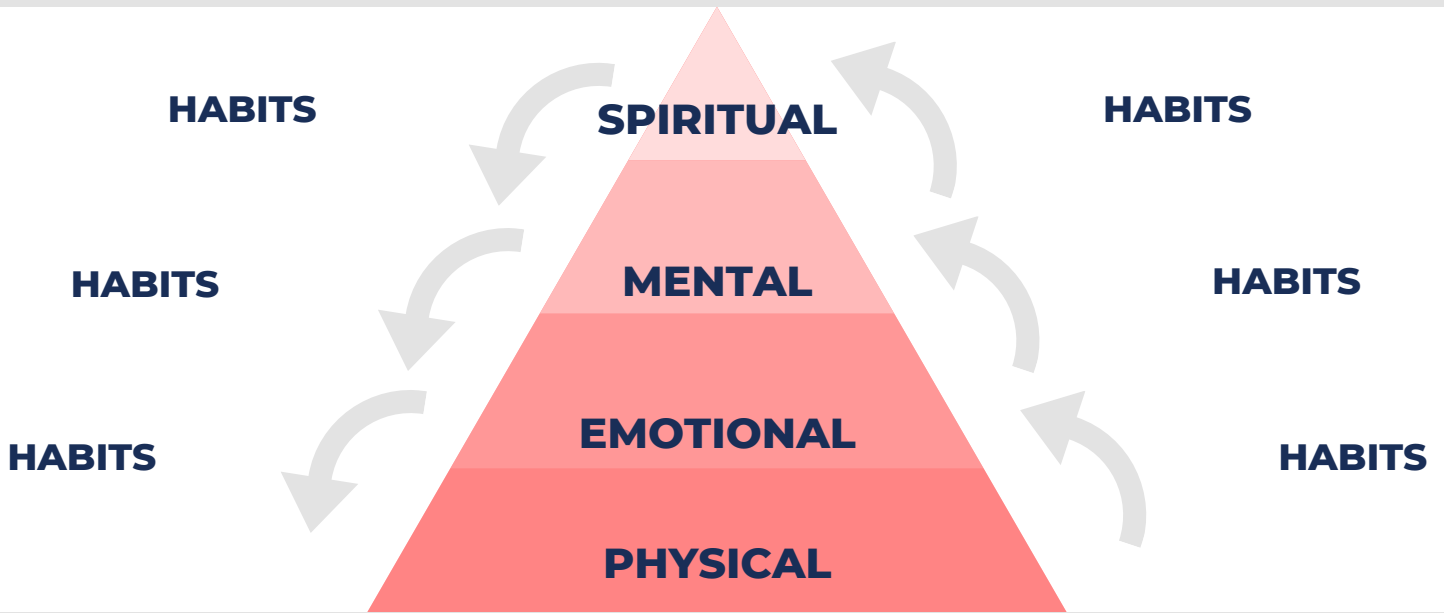




Thank you for subscribing to the Newsletter. Below in a nutshell:
How to have more energy in business & life?

ENERGY



PHYSICAL

- Be physically active
- Oxygenate - breathe deeply and drink good quality water
- Take sunbaths
- Consciously eat and supplement
- Take care of rest
- Restrict or opt out of stimulants

EMOTIONAL

- Take care of high quality relations with other people
- Avoid energy vampires
- Hug as much as possible
- Be aware of your emotions and learn to manage them

MENTAL

- Manage your resources well - strengths, talents, time
- Develop yourself, acquire new knowledge
- #careaboutyourself - let go by positive thinking and attitude
- Be in a supportive environment - giving healthy feedback and thinking positively
- Exercise gratitude, appreciate, be mindful

SPIRITUAL

- Meditate
- Pray
- Ask yourself important questions
- Contemplate
- Observe nature

