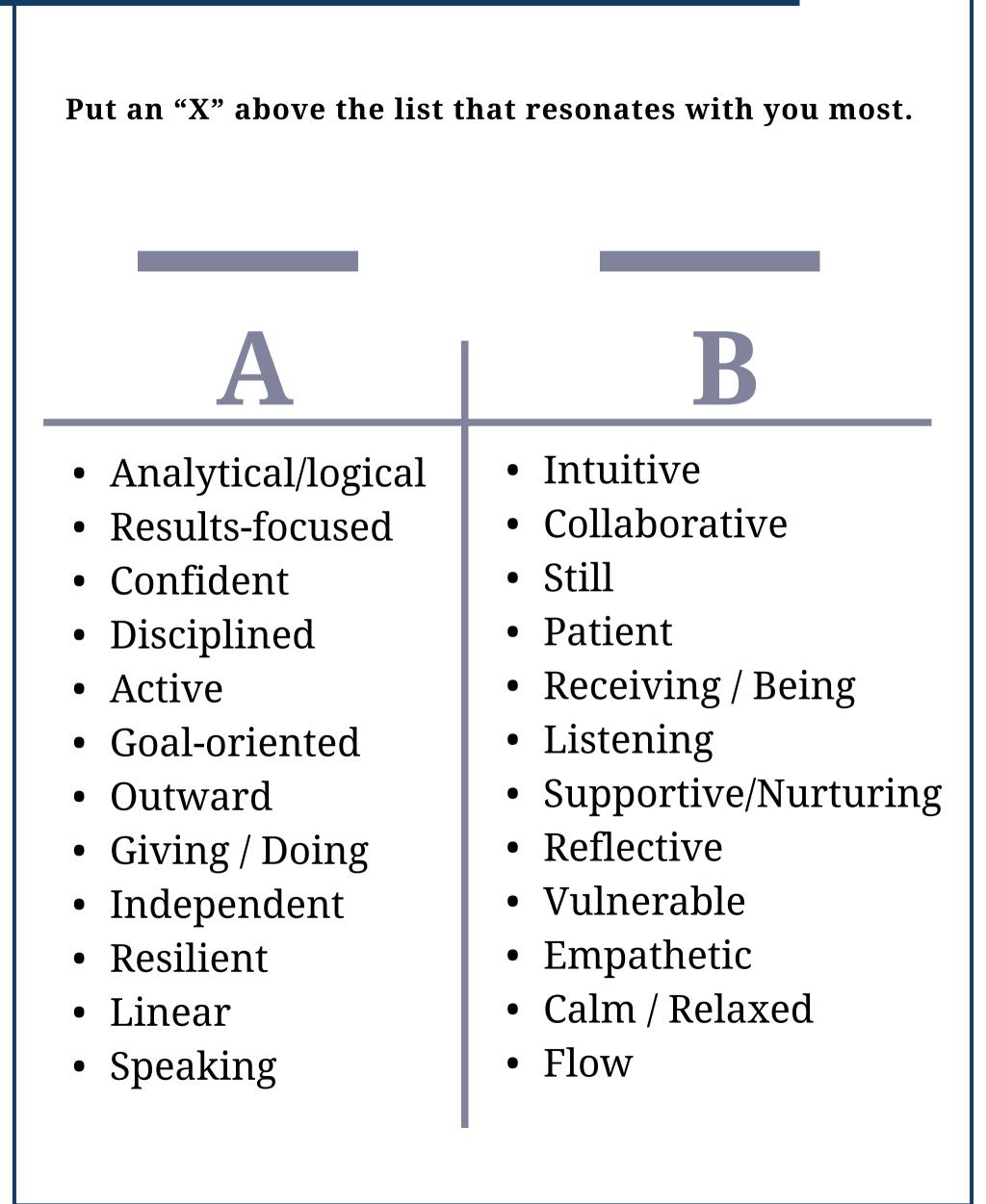
MASTERING ENERGY TO SET 2022 GOALS & SUCCEED



1.	Others can depend on me to deliver my work on time.	T/F
2.	I take breaks frequently throughout the day.	T/F
3.	I receive great value out of helping others.	T/F
4.	I am able to confidently set boundaries with others.	T/F
5.	I share my emotions, desires and wants with others easily.	T/F
6.	I can easily speak my truth, even at times I disagree.	T/F
7.	I am able to understand most things I'm presented with.	T/F
8.	I am often easy going.	T/F
9.	I am connected with and trust my intuition.	T/F
11.	I often achieve the goals I set.	T/F

MASTERING ENERGY TO SET 2022 GOALS & SUCCEED

QUIZ

BALANCING YOUR ENERGY

It's important to explore the amount of masculine and feminine energy you are bringing to a situation when:

- You're feeling resistance
- Things feel difficult
- You're experiencing failure
- There is a lack of passion/purpose
- You have a desire for more / wanting to expand

STEPS TO BALANCING YOUR ENERGY:

- Take inventory of the percentage of masculine and feminine energy you're showing up to the situation with.
- Is there an imbalance? If so, with which energy?
- What actions, anchored within that energy can you take to create more balance?

THE WORK

Which feminine traits am I bringing to the situation?

Which masculine traits am I bringing to the situation:

Where is there room for more balance?

What actions can I take to bring in that balance?

MASTERING ENERGY TO SET 2022 GOALS & SUCCEED

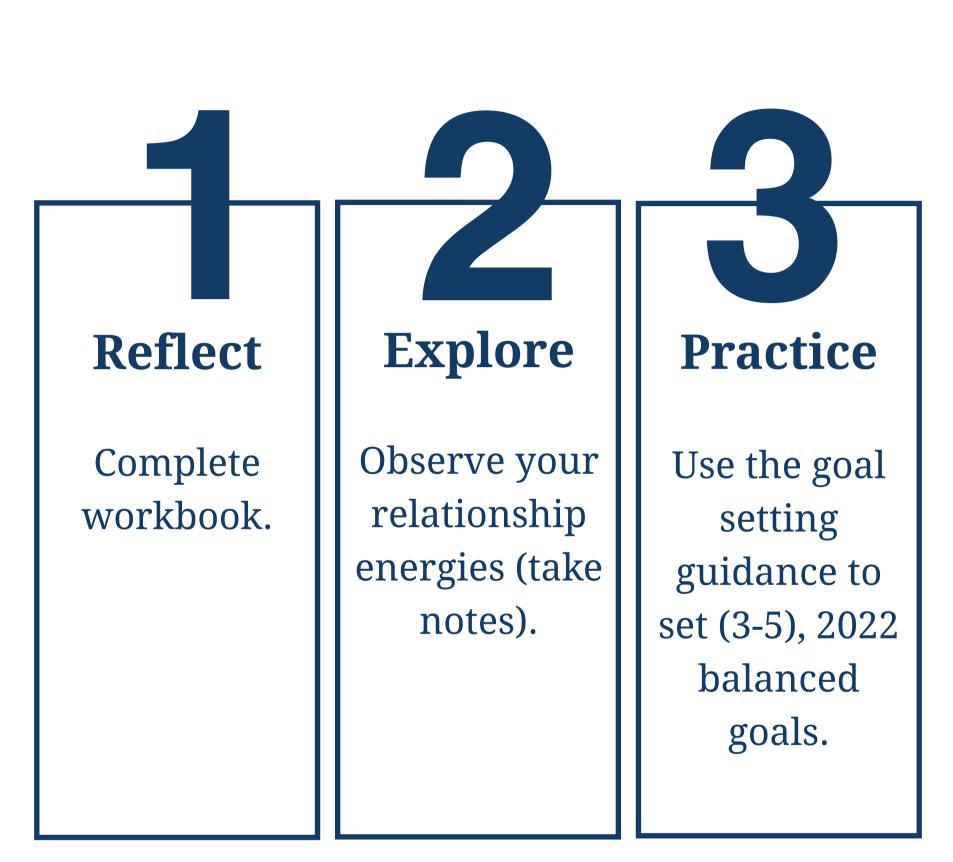
Do your goals tend to be anchored in masculine or feminine ways of being?

How can balancing your energy better support you in achieving your goals?

What is an example of a goal balanced in both masculine and feminine energy?

UNDOING THE NEED TO DO

WEEKLY INTEGRATION



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