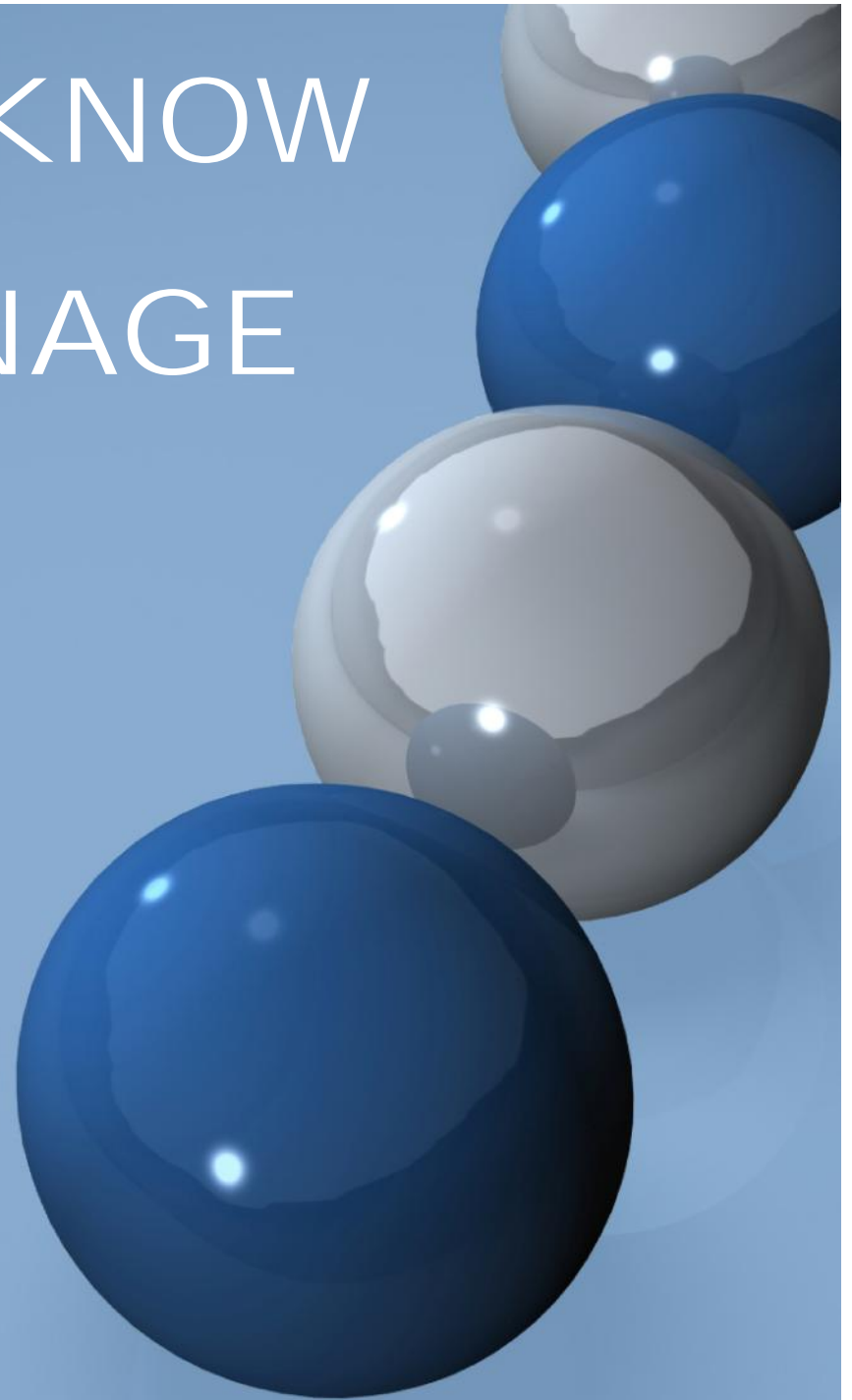


YOU DO NOT KNOW
HOW TO MANAGE
YOUR
BODY
MIND
EMOTIONS
ENERGY



WHAT HAPPENS TO
YOUR THOUGHT
PROCESS WHEN
YOU ARE
STRESSED?

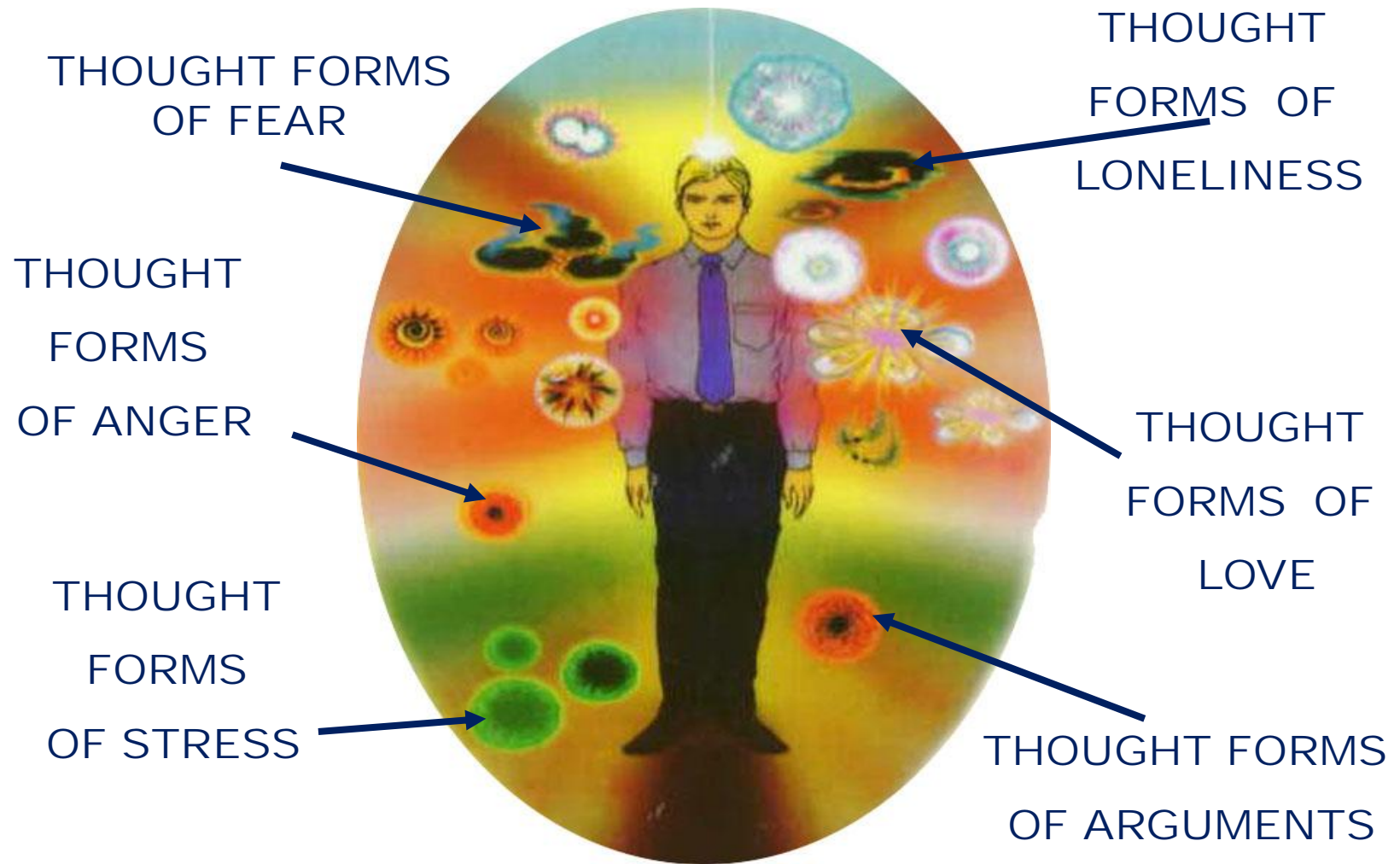
You experience
multiple THOUGHTS
and EMOTIONS
running in your mind
at the same time.

Do you know how
many thought forms
an average PERSON
generates in a Day?

60,000

**YES! YOU READ
CORRECTLY.**

How many of the
60,000 thoughts,
remain with you for the
next 24 hours ?
Which thoughts are
these?



How do these
THOUGHTS &
EMOTIONS
affect our
Energy Level?

**Energy is
created
by our
thoughts...**

**What do
you think
Energy is?**