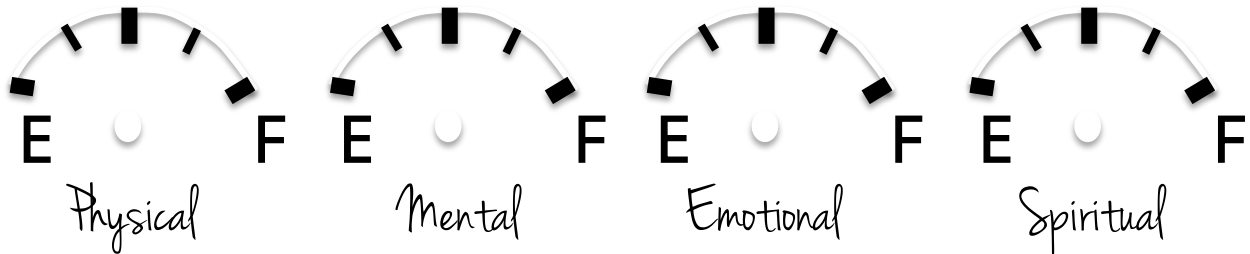


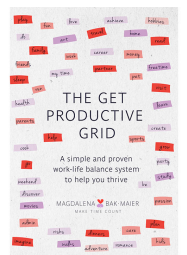
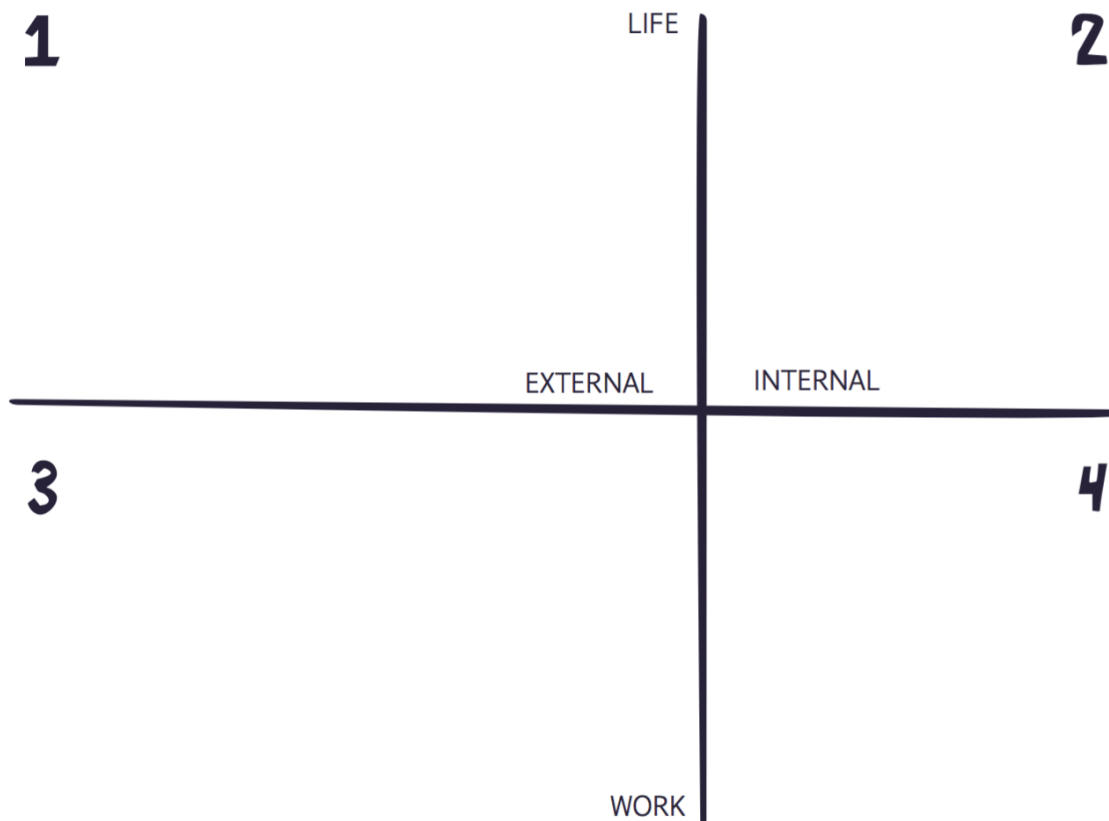
# Grid Workshop

*Man sacrifices his health in order to make money, then he sacrifices his money to recuperate his health. – Dalai Lama*

① Mark your current levels of energy using the figure below, or simply write the number in percentage out of 100% below each energy type.



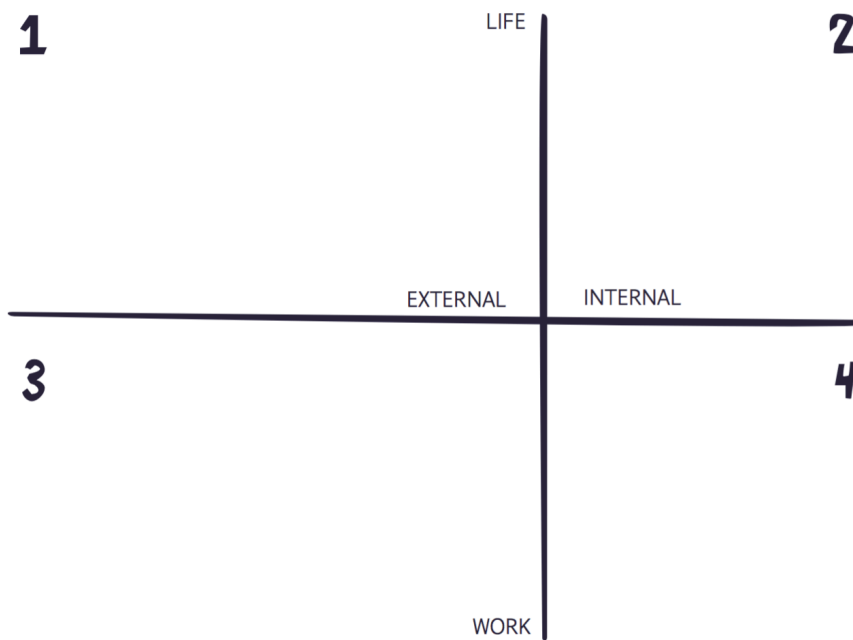
② Using the Grid framework below write out 3-5 things you want to take responsibility for creating in 2017. Make them into specific outcomes.



## Grid Workshop

*In balance we thrive.  
Breathe. Keep Calm. Focus. Attend to what truly needs you.  
Trust that time is always your friend. It is so. – Magdalena Bak-Maier*

- ③ If task = an activity you can achieve in one sitting, complete this short Grid for one of your work days.



- ④ If you had to start with where you're naturally drawn to at this moment and assuming all that is on your Grid will get done, where would you begin? To surf energy of doing tap the energy of your being.
- ⑤ And where would you go next in your Grid?

