Energy Balance and Increase of Life

SPIRITUAL PHYSICAL Inspiration Pure air Power Clean food Fresh water Beauty Light **Clear sunshine** Exercise Truth Goodness Physical work **Aspiration Deep sleep Restorative rest** Faith Prayer **Recreational activities Outdoor life** Scripture SOCIAL CREATIVE **Deep connections** Flow Effort and exertion Strong teammates Good friends Fun and laughter Childhood friends Projects Future happy marriage **Engaging interests** Use of skills and talents Supportive family **Romance of life** Abundant mindset **Beneficial communities Itellectual pursuits Positive associations Positive experiences** Life acquaintances Mental relaxation

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