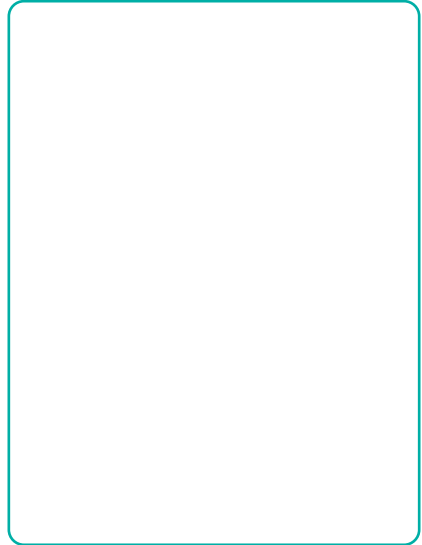
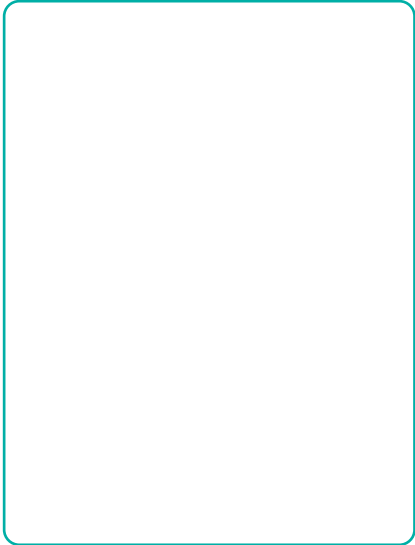


IS YOUR RESILIENCE IN BALANCE?

This drains my energy:



This energizes me:



ENERGY DRAINERS

ENERGIZERS

How can I do less of this?

How can I do more of this?

