



Shift Your Focus

Energy Follows



91 exercises to shift your energy

7 Energy Categories

	Foundation	<i>I am</i>
	Feeling & Form	<i>I feel</i>
	Action & Execution	<i>I do</i>
	Giving & Atmosphere	<i>I give</i>
	Communication & Goals	<i>I speak</i>
	Intuition & Insight	<i>I see</i>
	Wholeness	<i>I understand</i>

Foundation

I am

13 exercises

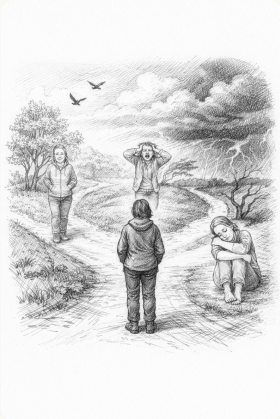
- 1.1 The Zones
- 1.2 The Alarm System
- 1.3 Two Systems
- 1.4 Grounding
- 1.5 Box Breathing
- 1.6 Safe Place
- 1.7 The Oak
- 1.8 Rock and Water
- 1.9 Night Sky
- 1.10 Soil
- 1.11 Morning Ritual
- 1.12 Bare Minimum
- 1.13 Heartbeat

Foundation

I am

The Zones

Think about your day. Which zone are you in — green (calm), orange (alert), or red (fight/flight)? Just notice. No judgment. Can you name other zones you've been in today?



Balance creates abundance



FRONT

SHIFT YOUR FOCUS

Foundation

Why it works:

It's natural to move through different zones. Recognising which zone you're in is the first step to choosing whether to stay or shift. Awareness alone begins to change the pattern. [1]



Balance creates abundance



Café Life Hack

BACK