

HARNESS (Taking hold)

& Harvest

12 ENERGY Breaches/ Forward Momentum Assassins

Harness:

NOUN: a set of straps and fittings by which a horse or other draught animal is fastened to a cart, plough, etc. and is controlled by its driver.

VERB: control and make use of (natural resources), especially to produce energy:

1. January- Energy scattered is unproductive, causes delays and is not trackable/monitored. You have no clue where the time or your attention as been for hours at a time/ This scattered feeling feels draining.
2. February- The Order of your days. Not giving your energy instruction or gas is a breach. The car will eventually run out of fuel. IT ALWAYS DOES. Burnouts last a LOT longer than 15 minutes every morning. 1hour and 45 mines a week TO HARNESS AND DIRECT THE MOVEMENT OF **YOUR ENERGY** prevents a 14 day depression and burnout.
3. March- Lack of clarity. Your thoughts were bouncing and scattered; so were your goals. Healing has made you not even want some of those goals. More ideas have branched out from the original and before you know it, you've drifted. Causes delays. Learning how to hold STEADY.
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