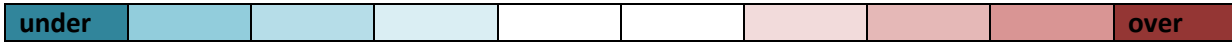


Energy:

Quality:

For yourself

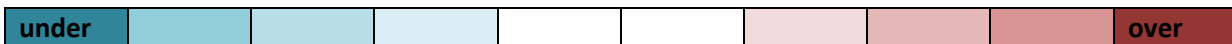


Comment or Action point

Energy:

Quality:

For others or in a team

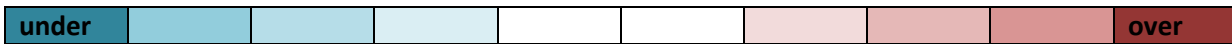


Comment or Action point

Energy:

Quality:

For yourself

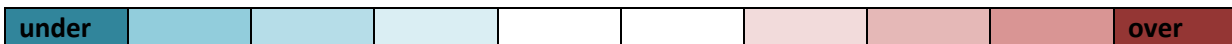


Comment or Action point

Energy:

Quality:

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Comment or Action point