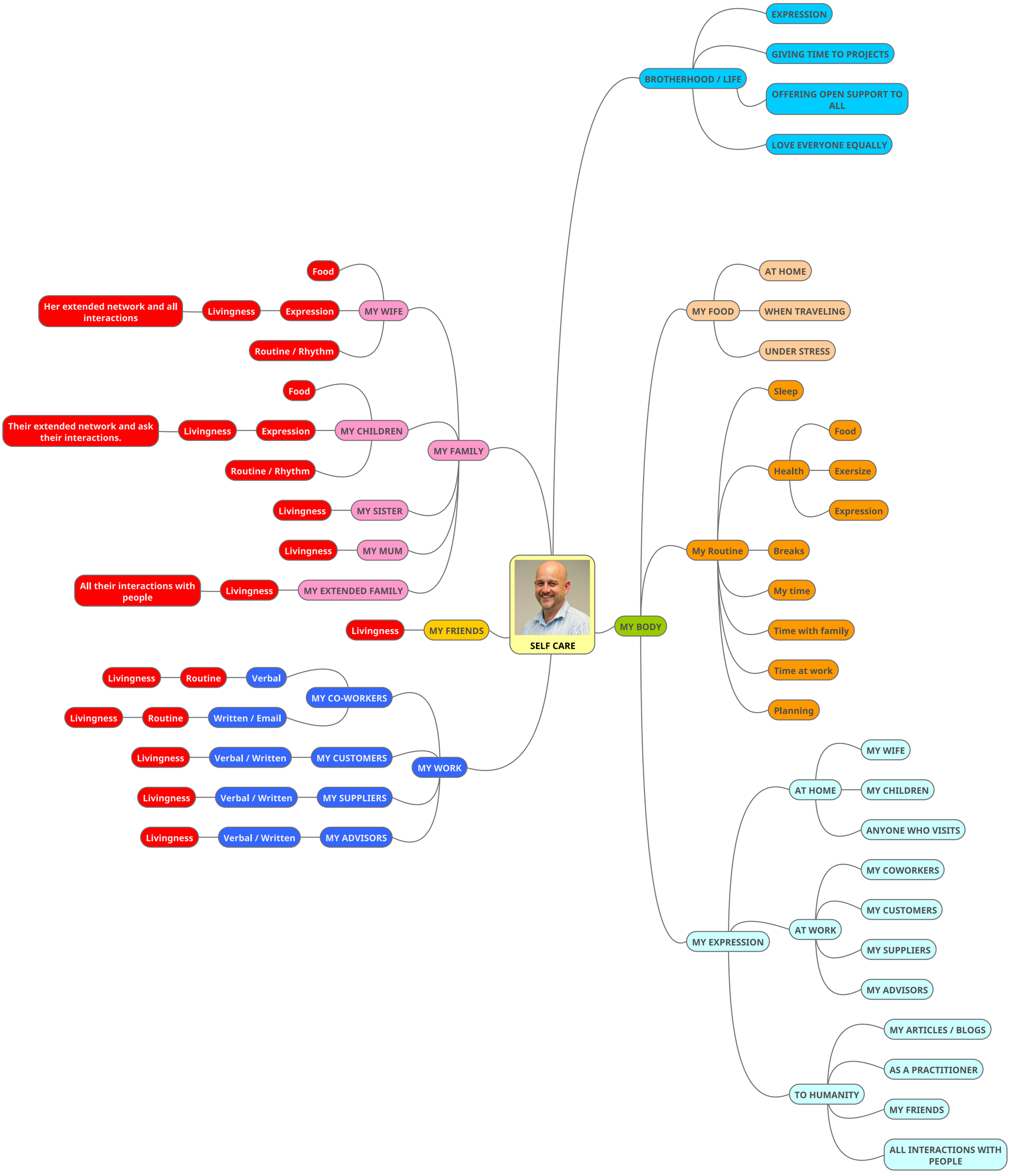
SELF CARE
MY FAMILY
MY WIFE
Expression
Livingness
Her extended network and all interactions
Food
Routine / Rhythm
MY CHILDREN
Expression
Livingness
Their extended network and ask their interactions.
Food
Routine / Rhythm
MY SISTER
Livingness
MY MUM
Livingness
MY EXTENDED FAMILY
Livingness
All their interactions with people
MY FRIENDS
Livingness
MY WORK
MY CO-WORKERS
Verbal
Routine
Livingness
Written / Email
Routine
Livingness
MY CUSTOMERS
Verbal / Written
Livingness
MY SUPPLIERS
Verbal / Written
Livingness
MY ADVISORS
Verbal / Written
Livingness
MY BODY
BROTHERHOOD / LIFE
EXPRESSION
GIVING TIME TO PROJECTS
OFFERING OPEN SUPPORT TO ALL
LOVE EVERYONE EQUALLY
MY FOOD
AT HOME
WHEN TRAVELING
UNDER STRESS
My Routine
Sleep
Health
Food
Exersize
Expression
Breaks
My time
Time with family
Time at work
Planning
MY EXPRESSION
AT HOME
MY WIFE
MY CHILDREN
ANYONE WHO VISITS
AT WORK
MY COWORKERS
MY CUSTOMERS
MY SUPPLIERS
MY ADVISORS
TO HUMANITY
MY ARTICLES / BLOGS
AS A PRACTITIONER
MY FRIENDS
ALL INTERACTIONS WITH PEOPLE