

Energy management list

Scan this list using what intuitive tool works best for you:

Light/Heavy, muscle testing, a pendulum, simply your knowing...

What is my body asking for?

Water

Rest

Deep breathing

Sleep

Exercise/Movement

Time in nature

Earthing/grounding

Salt

Oil

Protein

Carbs

Magnesium or other mineral/vitamin

Sugar

Quiet

Clear other peoples energy

[Clear spirits](#)

Connect with another person or animal

Nurturing Touch

Drop resistance

There's a lie present

Body is giving me information —listen

Here are some energy exercises that I've found useful: [Youtube video](#)

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