

LIFE FORCE ENERGY BOOSTERS!

Certain people, actions, qualities, attitudes, environments, situations and circumstances can quickly **BOOST** your **Life Force Energy**:

- ✓ Integrity
- ✓ Forgiving
- ✓ Laughing/Fun
- ✓ Self-Confidence
- ✓ Clear Conscience
- ✓ Supportive People
- ✓ Benevolence/Kindness
- ✓ Positive Environments
- ✓ Positive Beliefs/Attitudes
- ✓ Purposeful/Mindful Living
- ✓ Being of Service to Others
- ✓ Healthy Food/Sufficient Sleep
- ✓ Goal-Setting/Goal Attainment
- ✓ Organized, Neat Environments
- ✓ Unconditional Love/Compassion
- ✓ Playing Win/Win instead of Win/Lose
- ✓ Forgiving instead of Holding Grudges
- ✓ Quality Personal Development Work, Done Consistently