

The Energy Equation™ System Principles

- 1. Take Back Your Power
- 2. Cover Your Basics
- 3. Consume Consciously
- 4. Believe in the Blessings
- 5. Take Charge of Your Thoughts
- 6. Conserve & Control Your Energy
- 7. Monitor Your "Feelings Barometer"
- 8. Listen & Follow
- 9. Take it Slow
- 10. Love & Let Go

Releasing the learning potential of students with emotional challenges