

## LISA

Health 9/10

friends 8/9

Fun 8

Environment 9

Peers growth 10

Finances 8

Romance 7

Work 8

## CARLA

Words of affirmation — Katie + touch

Physical touch — Carla

Acts of service — Rae-ann

Gift giving

Quality time — Lisa

Rae-ann giving self-care, care for space a clean house feels like the sun, the moon and the stars, getting stuff done feels great, steam cleaning the office

Lisa quiet or stillness priority #1 and has been for a long time. If lethargic, go for a walk. If tired, rest. If hungry, eat. Overall don't feed relationships that are mean. Don't spend a lot of time on the net reading other people's stories. Quality time is about listening to what I need and doing that.

Carla realizing have been neglecting self. Massage. The energy connection.

## RAE-ANN

3 weeks of heavy duty teaching

Level 2 had 21 5 days finished

Looking forward to break this week

Potential for a bunch of Level 3ers