



Ésprit with SoZoKi Energy Self-Practice Six-Step Process Meetup Resource

PERSONALITY TRAIT EXAMPLES

PERSONALITY						
DISPOSITION IS INFLUENCED BY:	OPEN	CONSCIENTTIOUS	EXTRAVERT	INTRAVERT	AGREEABLE	NEUROTIC
	SELF-CENTERED	SINCERE	EMPATHETIC	SYMPATHETIC	POOR ME	JEALOUS
<i>WORLD VIEW</i>	SYNICAL	HOPEFUL	JUDGMENTAL	RETALIATORY	FORGIVING	RESENTFUL
<i>PHILOSOPHY</i>	KIND	HAPPY	APATHETIC	WORRIER	CAREFREE	SPONTANEOUS
<i>PERCEPTION</i>	STRUCTURED	RIGID	ANGRY	DISCONTENTED	FORCEFUL	INTIMADATING
<i>PERSPECTIVE</i>	COLLABORATIVE	MANIPULATIVE	ACCOMODATING	NURTURING	ALOOF	ARROGANT
<i>EXPERIENCES</i>	RESILIENT	FORTITUDE	CONFIDENT	CONTROLING	HARRASSING	HALF EMPTY
	HALF FULL	OPTOMISTIC	PESSIMISTIC	WITHHOLDING	CONTRIBUTER	INTEGRITY
	TRUTHFUL	HONORABLE	TRUSTWORTHY	LIE	DEPENDABLE	RESPONSIBLE
	FORTHRIGHT	DECEITFUL	DISTRUSTING	TRUSTING	ACCEPTS	QUESTIONS
ADD UNLISTED	ACTIVE	PASSIVE	NEUTRAL			



Ésprit with SoZoKi Energy Self-Practice Six-Step Process Meetup Resource

PERSONAL BEHAVIORS



Ésprit with SoZoKi Energy Self-Practice Six-Step Process Meetup Resource

SLEEP ROUTINE

- Time to bed
- Time to sleep
- Time awake
- Time out of bed
- Nap Time and Length

CAFFEINE CONSUMPTION

- Beverage
- Amount
- Time
- At Work?
- Social Habit?
- Triggered by another behavior?

WORK

- Attire
- Commute/parking/clocking-in
- First/last meeting
- Lunch break
- Body movement
- Hydration/nutrition
- Environment

CAUSTIC CONVERSATIONS

- Home (fight with kid)
- Work (bad mouth boss)
- Social (gossip)

EXERCISE

- Type
- Time
- How Often?
- Interrupted or Continuous?

RECREATIONAL DRUG USE

- Type
- How Much?
- How Often?
- Method to consume?
- Alone?
- Socially Only?
- Both?
- Triggered by another behavior?

ALCOHOL

- Type
- How Much?
- Alone?
- Socially?
- Triggered by another's behavior?

TOBACCO

- Type
- # per day?
- How Often?
- How Long?
- Triggered by another behavior?

IMPACT OF BEHAVIOR EXAMPLES

CHAKRA	ANATOMY	BEHAVIORS	LOW ENERGY CAN CONTRIBUTE



Ésprit with SoZoKi Energy Self-Practice Six-Step Process Meetup Resource

<p>ROOT CHAKRA</p>	<p>MALE REPRODUCTIVE SYS SEX DRIVE BOTH GENDERS WASTE ELIMINATION TESTES PROSTATE VAGINA PELVIS TAIL BONE LEGS FEET</p> <p>GOVERNED BY THE ADRENAL GLANDS</p>	<p>SLEEP CAFFEINE CONSUMPTION CAUSTIC CONVERSATIONS EXERCISE ALCOHOL TOBACCO RECREATIONAL DRUG USE FAMILY/PETS WORK INFLUENCER</p>	<p>TESTICULAR CANCER PROSTATE CANCER VAGINAL/CERVICAL CANCER URINE & STOOL ELIMINATION DISORDERS PERIPHERAL VASCULAR DS HIP & KNEE REPLACEMENTS MUSCULAR ATROPHY LOW MOBILITY LOW ENERGY OVERWEIGHT FASCITIS (FEET) BONE SPURS (FEET)</p>
<p>SACRAL CHAKRA</p>	<p>SPLEEN KIDNEYS URINARY TRACT OVARIES FALLOPIAN TUBES PROSTATE TESTES REGULATES BLOOD SUGAR REPRODUCTIVE HORMONES SEX DRIVE</p>	<p>SLEEP CAFFEINE CONSUMPTION CAUSTIC CONVERSATIONS EXERCISE ALCOHOL TOBACCO RECREATIONAL DRUG USE FAMILY/PETS WORK INFLUENCER</p>	<p>HYPOGLYCEMIA HYPERGLYCEMIA DIMINISHED EMOTIONAL SENSITIVITY DIMINISHED SENSUAL DESIRE DIMINSHED REPRODUCTION LOSS OF VITALITY UNABLE TO GIVE UNABLE TO RECEIVE INABILTY TO COMMUNICATE EMOTIONS LOSS OF CONFIDENCE</p>
<p>CHAKRA</p> <p>SOLAR PLEXUS CHAKRA</p>	<p>ANATOMY</p> <p>STOMACH GALLBLADDER</p>	<p>BEHAVIORS</p> <p>SLEEP CAFFEINE CONSUMPTION</p>	<p>LOW ENERGY CAN CONTRIBUTE</p> <p>GALLBLADDER STONES/CYSTS GERD</p>



Ésprit with SoZoKi Energy Self-Practice Six-Step Process Meetup Resource

	LIVER SMALL INTESTINE PANCREASE REGUALTES BLOOD SUGAR	CAUSTIC CONVERSATIONS EXERCISE ALCOHOL TOBACCO RECREATIONAL DRUG USE FAMILY/PETS WORK INFLUENCER	GASTRITIS MALABSORPTION IRRITABLE BOWEL SYNDROME STOMACH CANCER PANCREATIC CANCER PACREATITIS DIABETES HYPER/HYPOGLYCEMIA INSULIN RESISTANCE CIRRHOSIS ASCITES (ABDOMINAL & PERIPERAL FLUID)
HEART CHAKRA	CARDIAC FUNCTION (HEART/CIRCULATION/BLOOD PRESSURE) LUNGS LYMPHATIC SYSTEM IMMUNE SYSTEM ALLERGIES	SLEEP CAFFEINE CONSUMPTION CAUSTIC CONVERSATIONS EXERCISE ALCOHOL TOBACCO RECREATIONAL DRUG USE FAMILY/PETS WORK INFLUENCER	ASTHMA CAD (CORONARY ARTERY DISEASE) COPD (CHONIC OBSTRUCTIVE PULMONARY DISEASE) LUNG CANCER PVD (PERIPERAL VASCULAR DISEASE) HYPERTENSION/HYPOTENSION AUTOIMMUNE DISEASES ALLERGIES
CHAKRA	ANATOMY	BEHAVIORS	LOW ENERGY CAN CONTRIBUTE
THROAT CHAKRA	THROAT NECK	SLEEP CAFFEINE CONSUMPTION	PARATHYROID DISEASE THYROID DISEASE



Ésprit with SoZoKi Energy Self-Practice Six-Step Process Meetup Resource

	<p>EARS SINUS PARATHYROID UPPER RESPIRATOR</p> <p>GOVERNED BY THE THYROID GLAND</p>	<p>CAUSTIC CONVERSATIONS EXERCISE ALCOHOL TOBACCO RECREATIONAL DRUG USE FAMILY/PETS WORK INFLUENCER</p>	<p>EAR INFECTIONS HEARING LOSS SERIAL COLDS CHRONIC COUGH SERKAL SINUSITIS</p>
THIRD EYE CHAKRA	<p>BROW EYES HYPOTHALAMUS PITUITARY THROAT NECK EARS SINUS PARATHYROID THYROID</p> <p>UPPER RESPIRATORY AUTONOMIC NERVOUS SYSTEM (BLOOD CIRCULATION, RESPIRATIONS, DIGESTION, AKA., HOMEOSTASIS) ENDOCRINE SYSTEM REPRODUCTIVE SYSTEM (BREAST MILK, EGGS, SPERM)</p>	<p>SLEEP CAFFEINE CONSUMPTION CAUSTIC CONVERSATIONS EXERCISE ALCOHOL TOBACCO RECREATIONAL DRUG USE FAMILY/PETS WORK INFLUENCER</p>	<p>HEADACHES DEHYDRATION ABNORMAL BLOOD PRESSURE GROWTH HORMONE INFERTILITY AUTOIMMUNE DISEASES ENDOCRINE DISEASES THYROID/PARATHYROID DISEASE PITUITARY DISEASE CUSHING DISEASE</p> <p>SINUS & EAR INFECTIONS VISUAL IMPAIRMENTS</p>
CROWN CROWN CHAKRA	ANATOMY	BEHAVIORS	LOW ENERGY CAN CONTRIBUTE
	<p>CENTRAL NERVOUS SYSTEM HEAD CEREBRAL CORTEX UPPER SPINE</p>	<p>SLEEP CAFFEINE CONSUMPTION CAUSTIC CONVERSATIONS EXERCISE</p>	<p>ALOPECIA (STRESS RELATED) ALZHEIMER'S BELL'S PALSY</p>



Ésprit with SoZoKi Energy Self-Practice Six-Step Process Meetup Resource

	HAIR	ALCOHOL TOBACCO RECREATIONAL DRUG USE FAMILY/PETS WORK INFLUENCER	CEREBRAL PALSY MULTIPLE SCLEROSIS NEUROFIBROMATOSIS PARKINSON'S DISEASE (MOST OF THESE ARE NOT ASSOCIATED WITH POOR BEHAVIOR CHOICE HOWEVER INTENTIONS CAN IMPROVE THE NATURAL STATE OF THE BODY YOUR SPIRIT ENTERED UPON ARRIVAL TO EARTH!)
--	------	--	---

PERSONAL BEHAVIOR IMPACT ON ENERGY CHART

Use the chart above to complete your behavior (yours and your influencers) impact on energy chart.



Ésprit with SoZoKi Energy Self-Practice Six-Step Process Meetup Resource

CHAKRA	ANATOMY	BEHAVIORS	LOW ENERGY CAN CONTRIBUTE
ROOT CHAKRA	MALE REPRODUCTIVE SYS SEX DRIVE BOTH GENDERS WASTE ELIMINATION TESTES PROSTATE VAGINA PELVIS TAIL BONE LEGS FEET GOVERNED BY THE ADRENAL GLANDS		
SACRAL CHAKRA	SPLEEN KIDNEYS URINARY TRACT OVARIES FALLOPIAN TUBES PROSTATE TESTES REGULATES BLOOD SUGAR REPRODUCTIVE HORMONES SEX DRIVE		
CHAKRA	ANATOMY	BEHAVIORS	LOW ENERGY CAN CONTRIBUTE



Ésprit with SoZoKi Energy Self-Practice Six-Step Process Meetup Resource

SOLAR PLEXUS CHAKRA	STOMACH GALLBLADDER LIVER SMALL INTESTINE PANCREASE REGUALTES BLOOD SUGAR		
HEART CHAKRA	CARDIAC FUNCTION (HEART/CIRCULATION/BLOOD PRESSURE) LUNGS LYMPHATIC SYSTEM IMMUNE SYSTEM ALLERGIES		
CHAKRA	ANATOMY	BEHAVIORS	LOW ENERGY CAN CONTRIBUTE



Ésprit with SoZoKi Energy Self-Practice Six-Step Process Meetup Resource

HEART CHAKRA	CARDIAC FUNCTION (HEART/CIRCULATION/BLOOD PRESSURE) LUNGS LYMPHATIC SYSTEM IMMUNE SYSTEM ALLERGIES		
THIRD EYE CHAKRA	BROW EYES HYPOTHALAMUS PITUITARY THROAT NECK EARS SINUS PARATHYROID THYROID UPPER RESPIRATORY AUTONOMIC NERVOUS SYSTEM (BLOOD CIRCULATION, RESPIRATIONS, DIGESTION, AKA., HOMEOSTASIS) ENDOCRINE SYSTEM REPRODUCTIVE SYSTEM (BREAST MILK, EGGS, SPERM)		
CHAKRA	ANATOMY	BEHAVIORS	LOW ENERGY CAN CONTRIBUTE



Ésprit with SoZoKi Energy Self-Practice Six-Step Process Meetup Resource

CROWN CHAKRA	CENTRAL NERVOUS SYSTEM HEAD CEREBRAL CORTEX UPPER SPINE HAIR		
---------------------	--	--	--