



## Ésprit with SoZoKi Energy Self-Practice Step Four - Personal Behavior Impact Assessment

### **STEP FOUR**

**WE WILL RETURN TO THIS NEXT STEP IN EACH OF THE CHAKRA FOCUSED EDUCATION SESSIONS.**

As a complete system, this process can be overwhelming, so we will complete this chart in the education sessions for each of the chakras.

After you have learned more about the chakra and how it interacts within the system, you will have the knowledge you need to address the Ésprit with SoZoKi life data uncovered and put it to good use!

### **PERSONAL BEHAVIOR IMPACT ON ENERGY CHART DIRECTIONS**

1. The next step is to develop your Personal Behavior Impact on Energy Chart.
2. To develop this chart, you will need:
  - a. the entire Self-Assessment Data
  - b. the Energy Influence Chart
  - c. the Human Anatomy Overview Chart
  - d. the Behavior Impact on Energy Chart
3. In the Low Energy Can Contribute column list;
  - a. health issues related to the chakra, diagnoses and/or symptoms
  - b. Refer to your Physical Health Assessment
  - c. the Behavior Impact on Energy Chart.
  - d.
4. To complete the Behaviors column use:
  - a. Your Entire Self-Assessment (all sections)
  - b. the Energy Influence Chart
  - c. the Human Anatomy Overview Chart
  - d. the Personal Behavior Impact on Energy Chart



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### PERSONAL BEHAVIOR IMPACT ON ENERGY CHART

CHAKRA	ANATOMY	BEHAVIORS	LOW ENERGY CAN CONTRIBUTE
<b>ROOT CHAKRA</b>	MALE REPRODUCTIVE SYS SEX DRIVE BOTH GENDERS WASTE ELIMINATION TESTES PROSTATE VAGINA PELVIS TAIL BONE LEGS FEET The adrenals are the glands that drive this chakra because of their production of sex hormones rather than their location in the body.		
<b>SACRAL CHAKRA</b>	SPLEEN KIDNEYS URINARY TRACT OVARIES FALLOPIAN TUBES PROSTATE TESTES REGULATES BLOOD SUGAR REPRODUCTIVE HORMONES SEX DRIVE		
<b>SOLAR PLEXUS CHAKRA</b>	STOMACH GALLBLADDER LIVER SMALL INTESTINE PANCREASE REGUALTES BLOOD SUGAR		



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CHAKRA	ANATOMY	BEHAVIORS	LOW ENERGY CAN CONTRIBUTE
<b>HEART CHAKRA</b>	CARDIAC FUNCTION (HEART/CIRCULATION/BLOOD PRESSURE) LUNGS LYMPHATIC SYSTEM IMMUNE SYSTEM ALLERGIES		
<b>THROAT CHAKRA</b>	THROAT NECK EARS SINUS PARATHYROID UPPER RESPIRATOR GOVERNED BY THE THYROID GLAND		
<b>THIRD EYE CHAKRA</b>	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)		
<b>CROWN CHAKRA</b>	CENTRAL NERVOUS SYSTEM HEAD CEREBRAL CORTEX UPPER SPINE HAIR		



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### STEP 5

#### ENERGY INFLUENCE CHART DIRECTIONS

This exercise is to identify your primary influencers, where they exist in your life, any triggers of your behavior they influence, and if they are inspiring/uplifting, limiting/draining, supportive/nurturing and doubtful/discouraging interactions.

Knowing how those closest to you express their life experience, along with identifying when, where and how they enter your life, allows you to strategize energy intentions. You may have very important people in your life you do not want to release, and this information is a way to keep them without experiencing harm.

1. Develop this chart to identify who, when, where and how your interactions are impacting your natural energy flow.
2. Enter the day of the week, not the date, for easier reflection upon completion.
3. After you have completed the chart, transfer your data into the calendar you look at every day.
4. Make sure it is somewhere you see it frequently throughout your day. This information will not benefit you stored in a drawer or placed on a shelf in a binder.
5. If you need to create a shorthand, you are on your own for that one 😊
6. This calendar will become one of the first tools you refer to every day to ensure you are aware to be best prepared!



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### INFLUENCER ENERGY CHART

POSITIVE & NEGATIVE INFLUENCE						
INFLUENCER	AREA OF LIFE	DAY & TIME	AMT TIME DAY/WEEK	ENERGY +	ENERGY -	BEHAVIOR