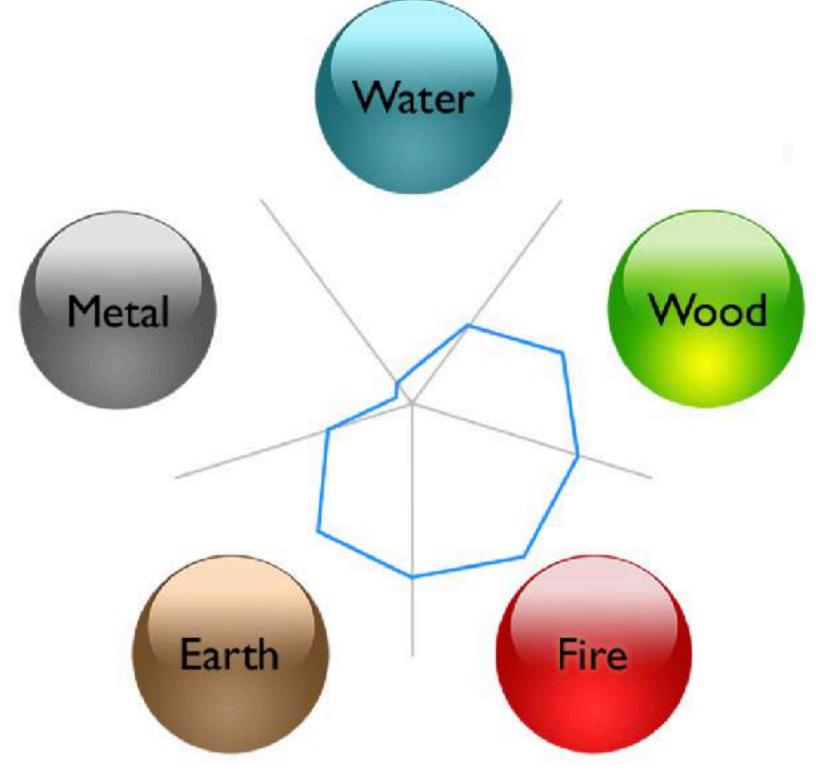


Understanding yourself and others

THEVICALITYTEST



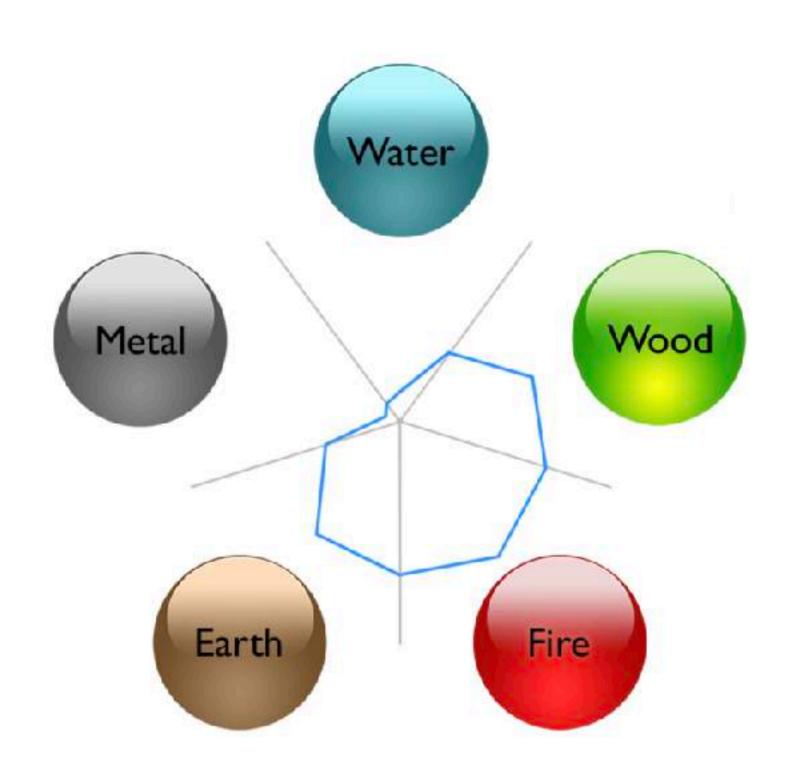




www.FiveInstitute.com







Water: 5.7%

Wood: 28.6%

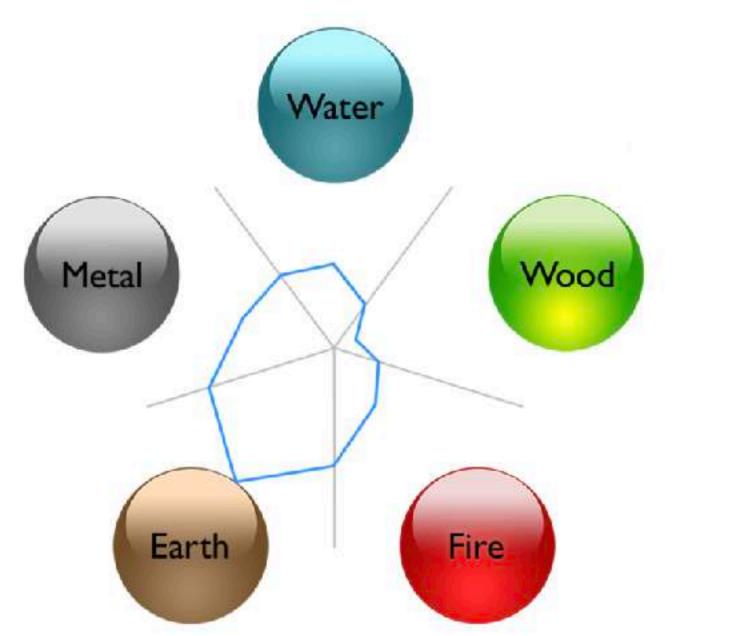
Fire: 34.3%

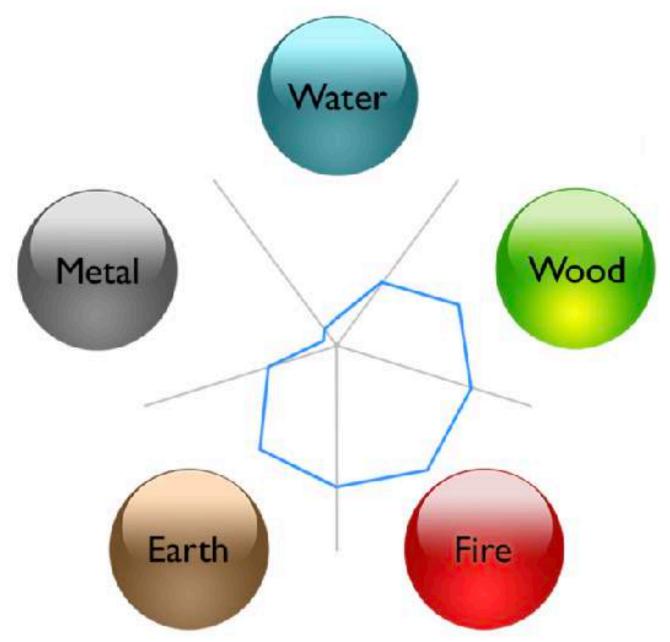
Earth: 28.6%

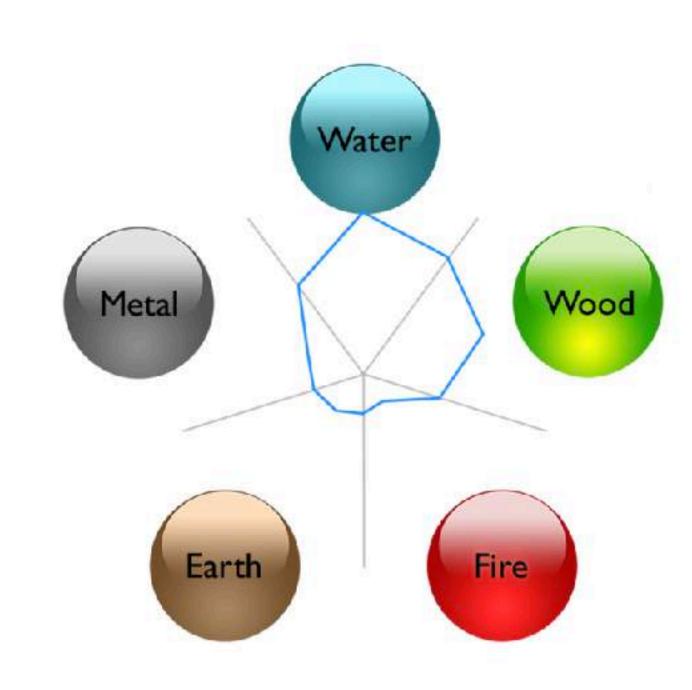
Metal: 2.9%







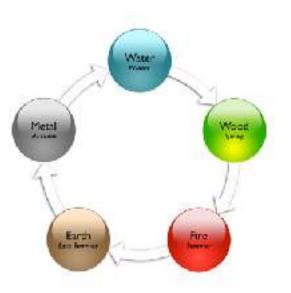


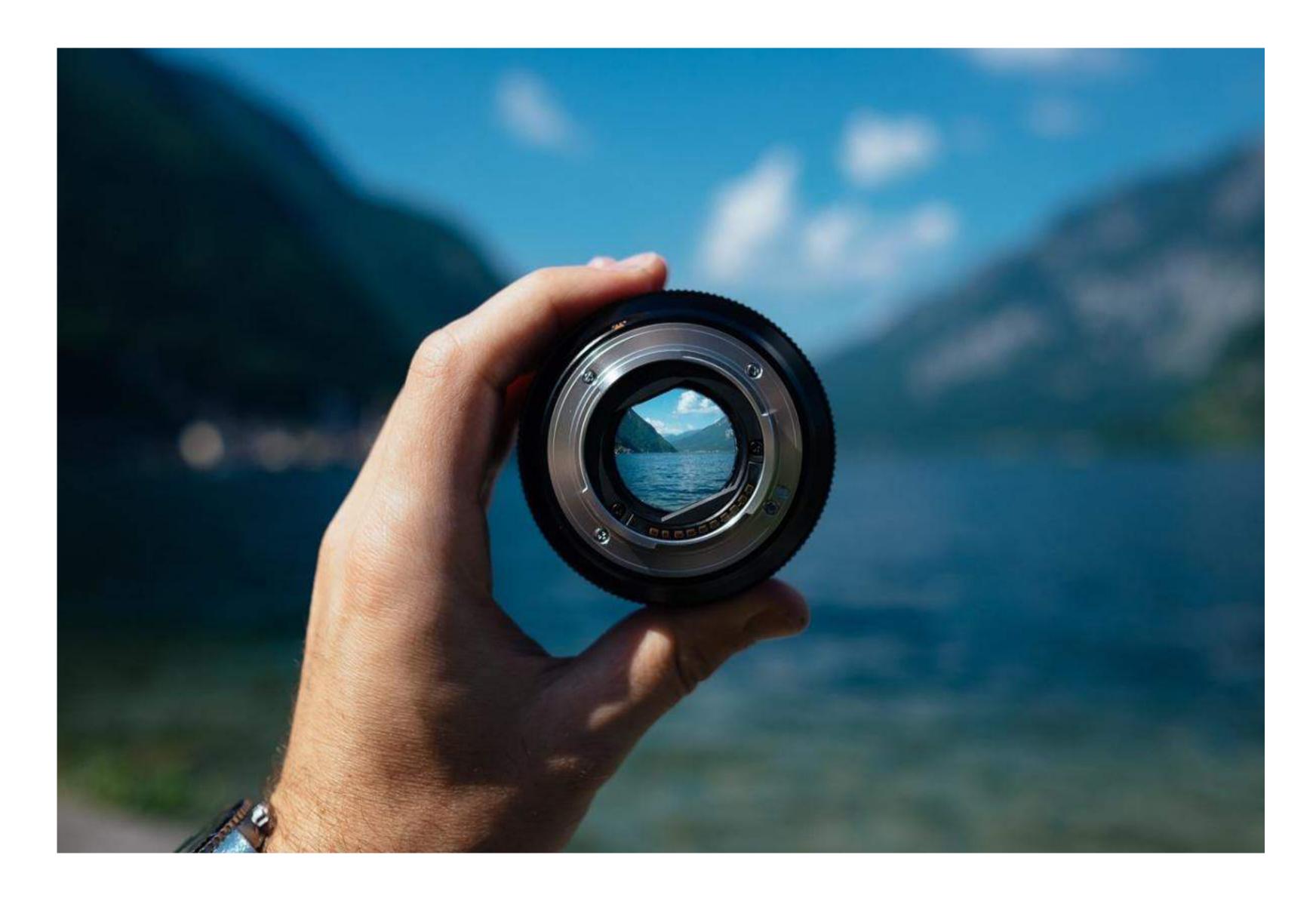




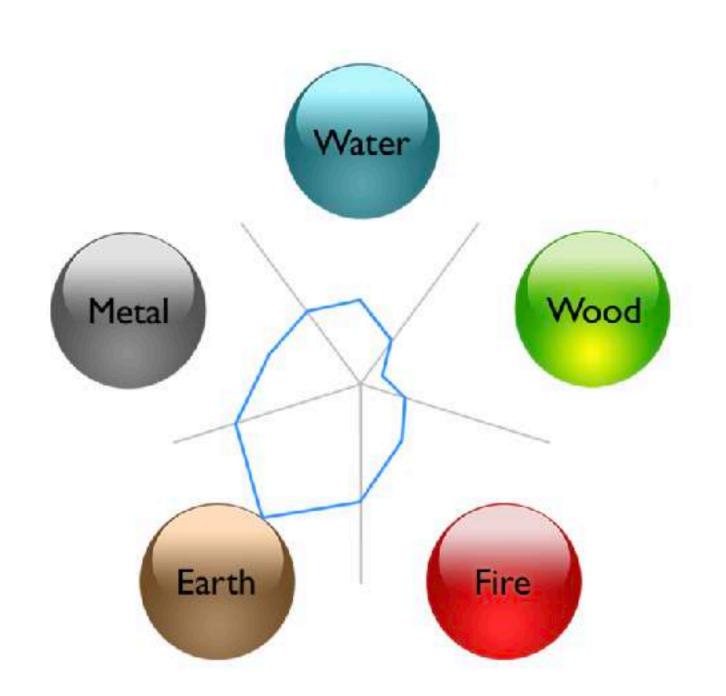


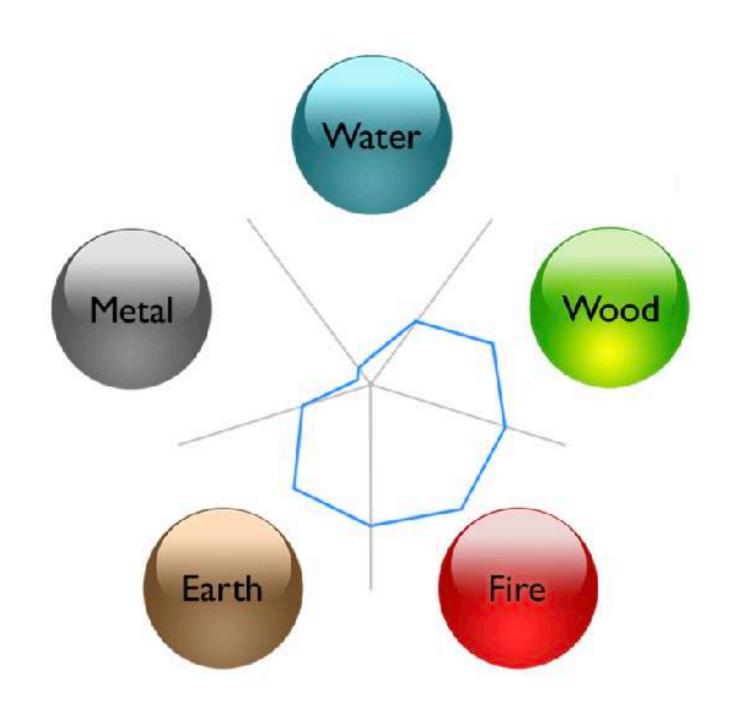


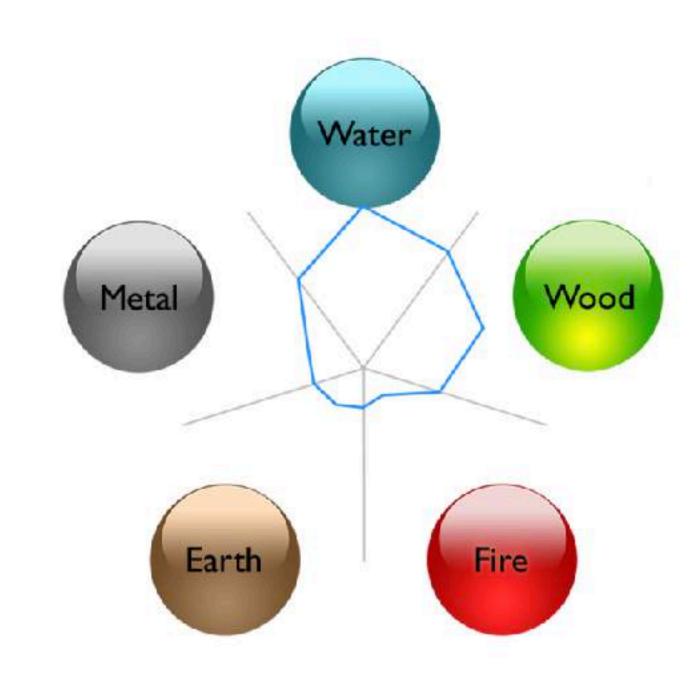


















Our Blind Spots or Lack of Focus







An Introduction to The Five Energies

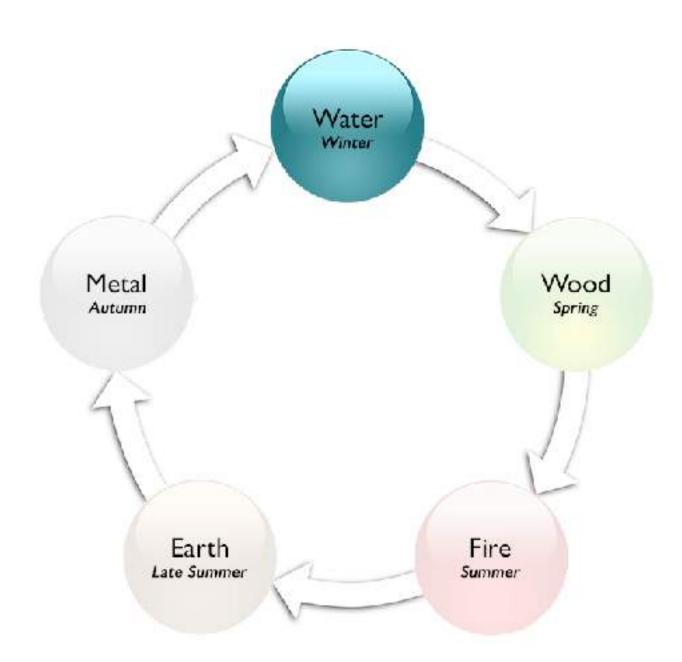
















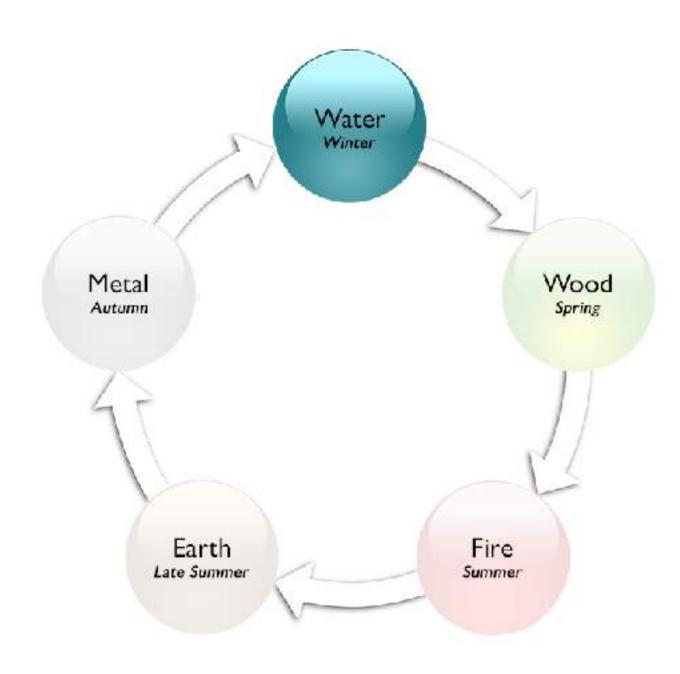
Water Energy

Season: Winter









Water Energy



Big Question: Am I safe? Is it safe?

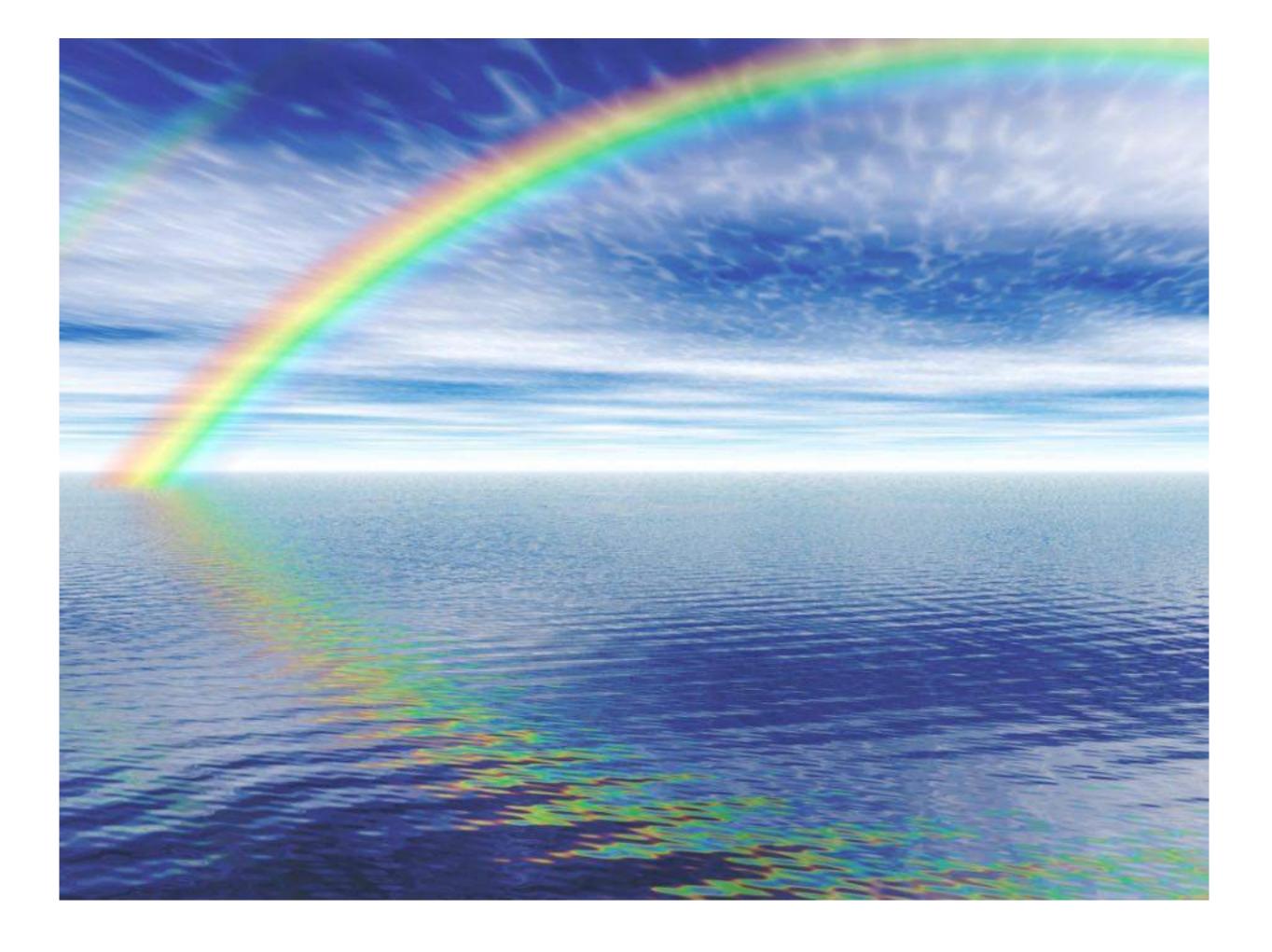












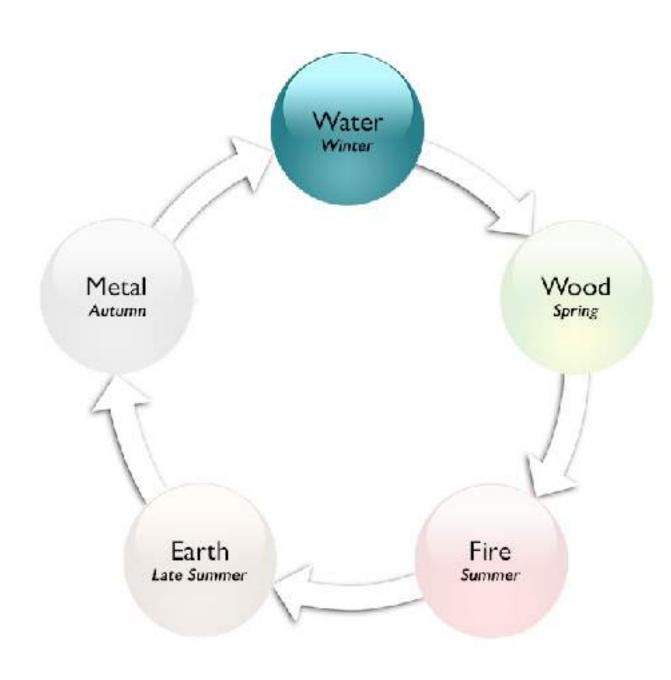












Water Energy



Emotion: Fear





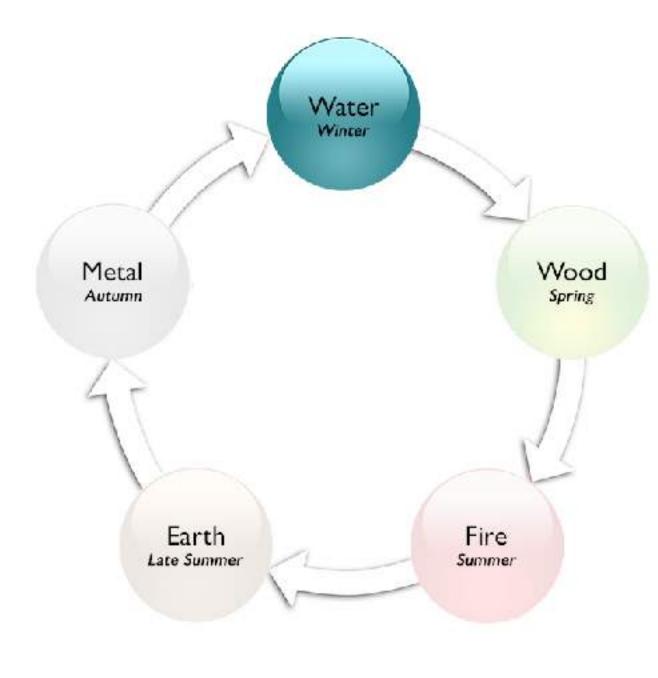
Water Energy



Emotion: Fear







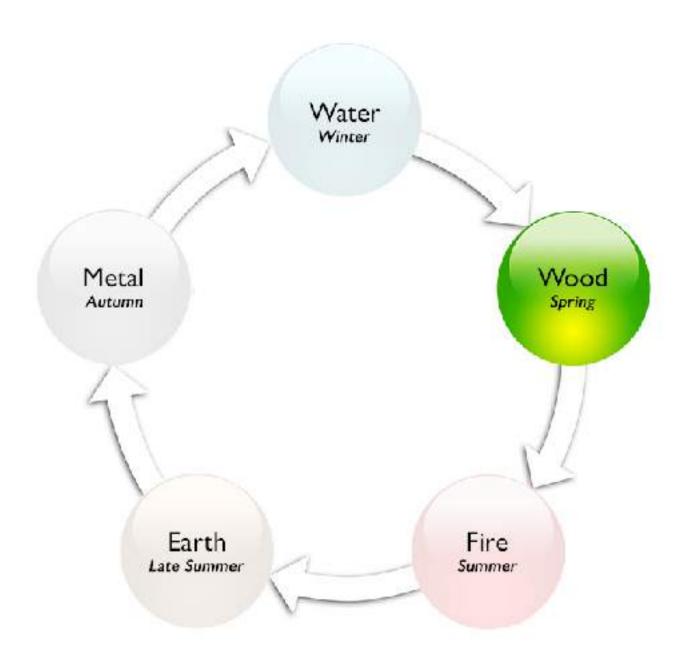
Water Energy



Emotion: Fear











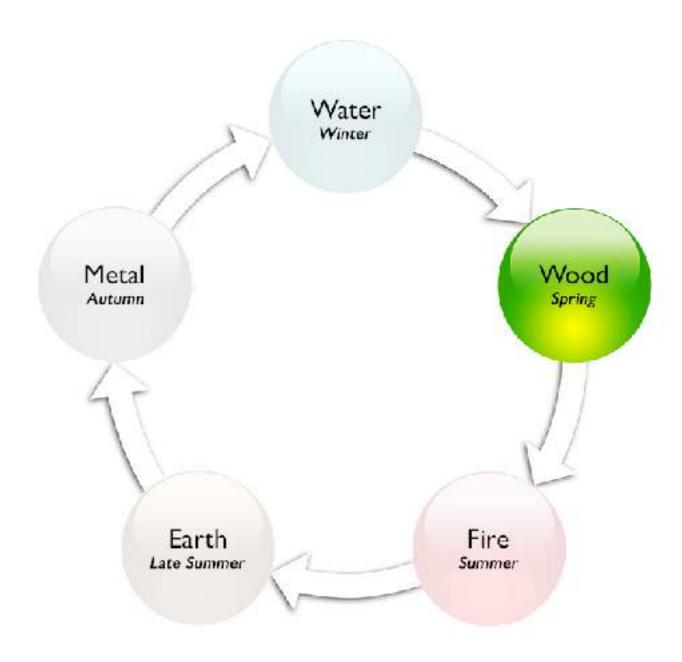
Wood Energy

Season: Spring

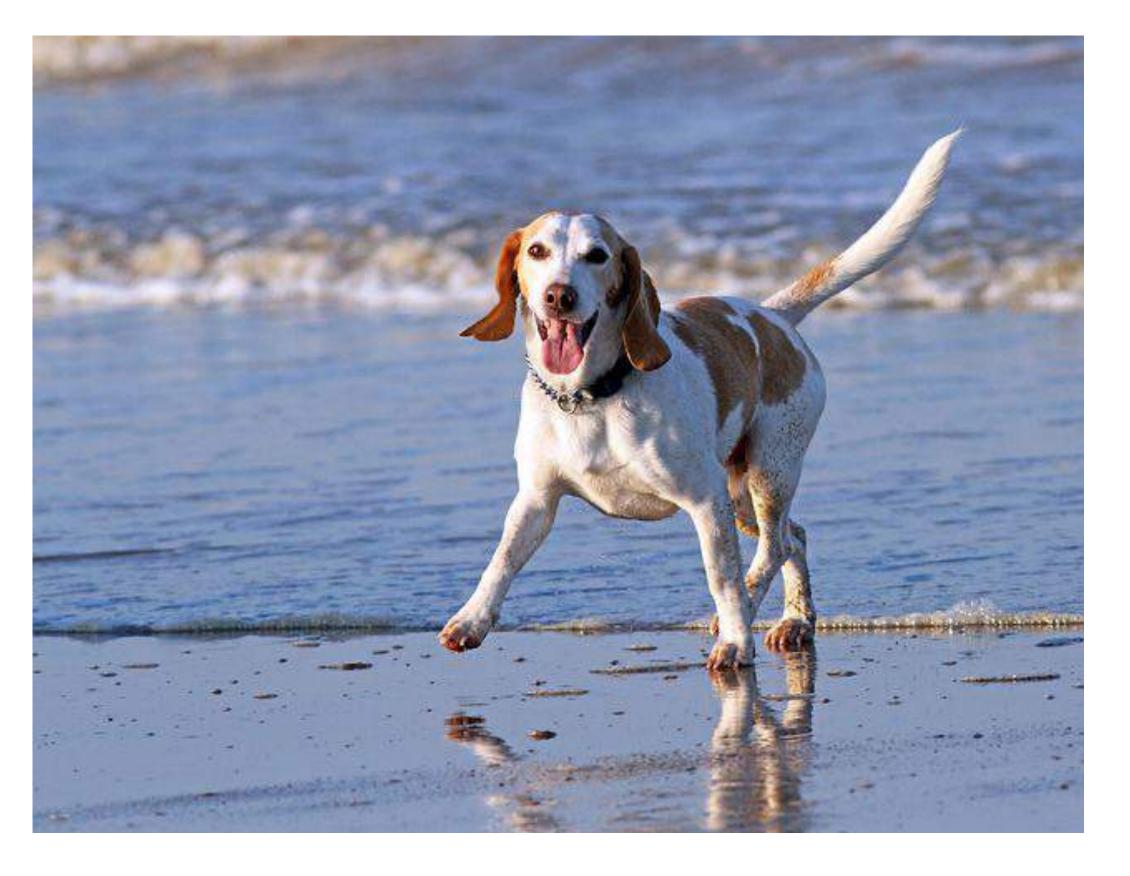








Wood Energy



Big Question: Am I free? Are we free?

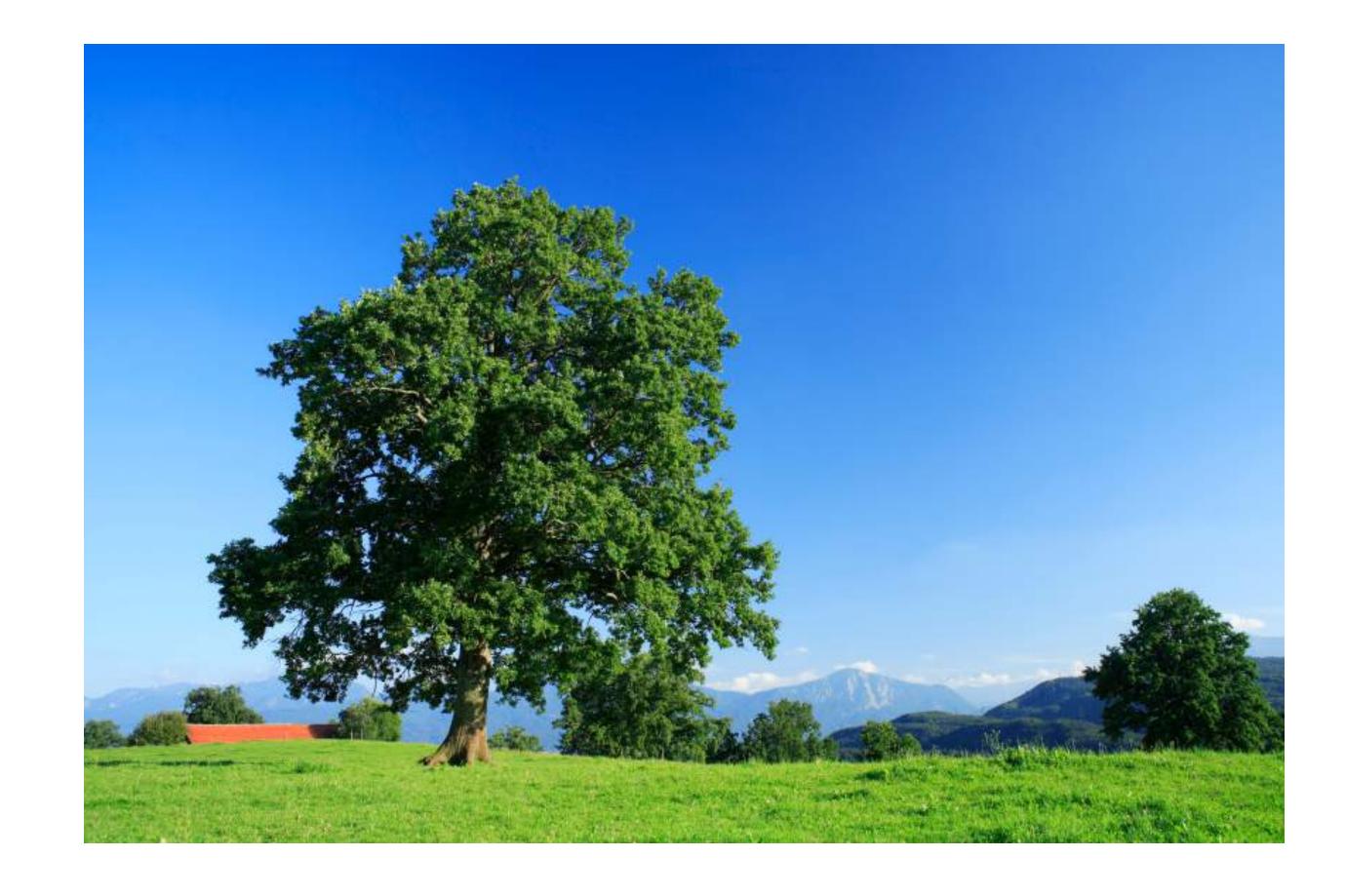












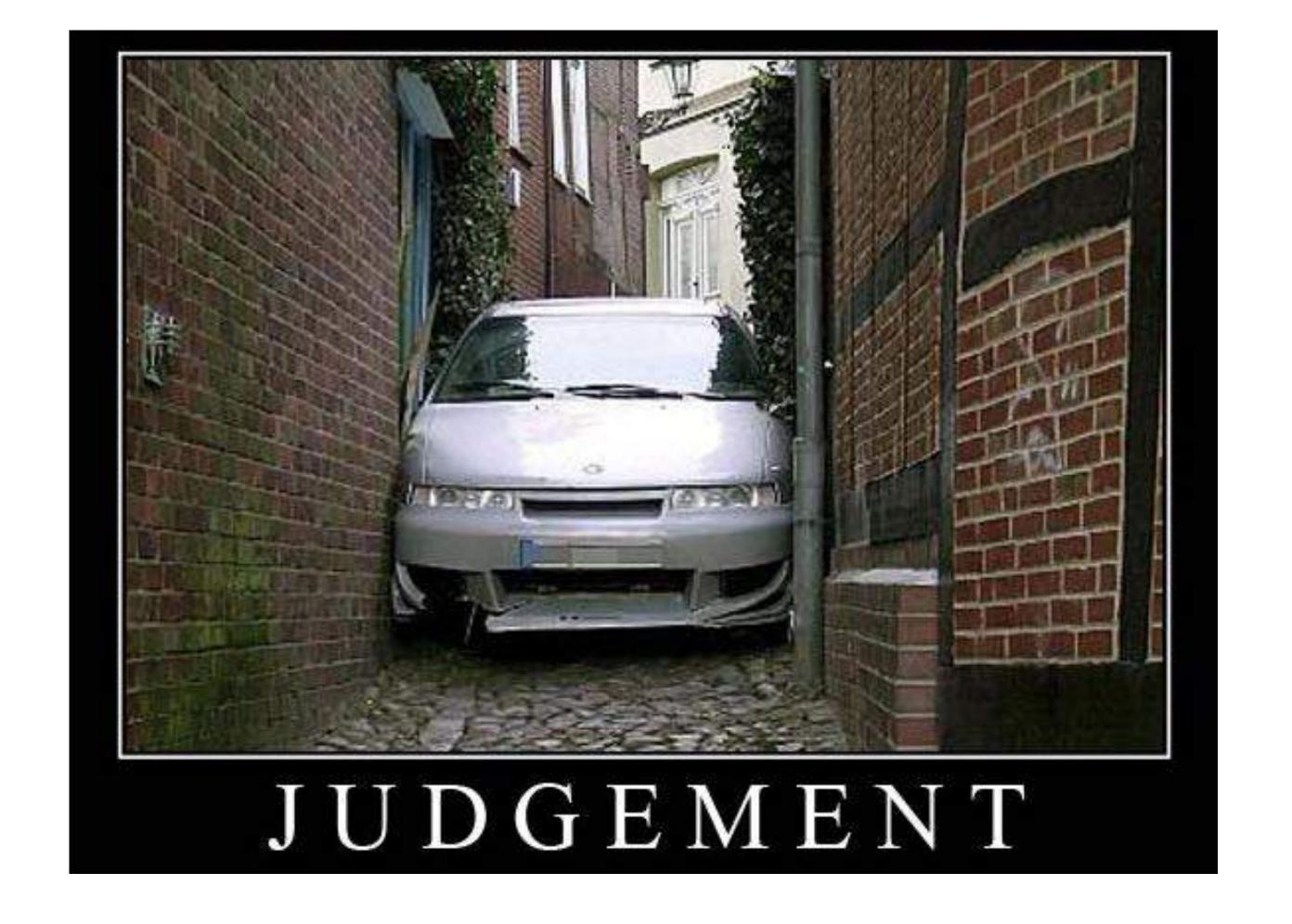




























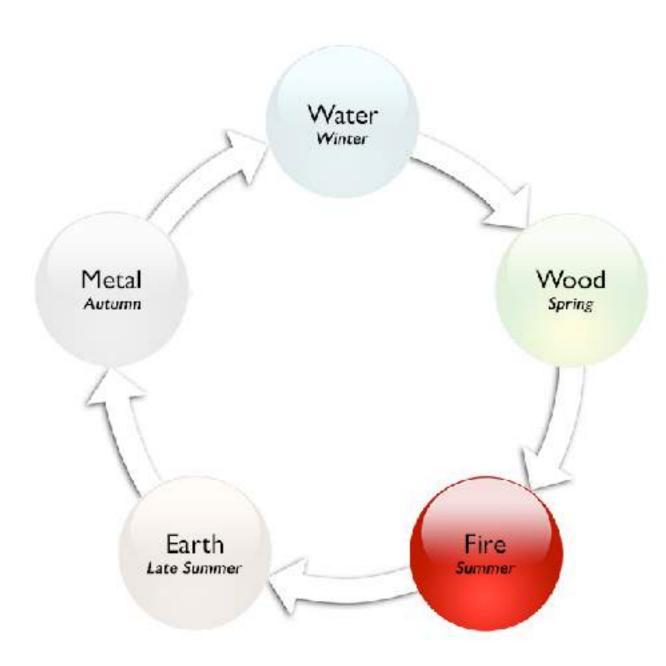
Wood Energy

Emotion: Anger and Irritation









Fire Energy





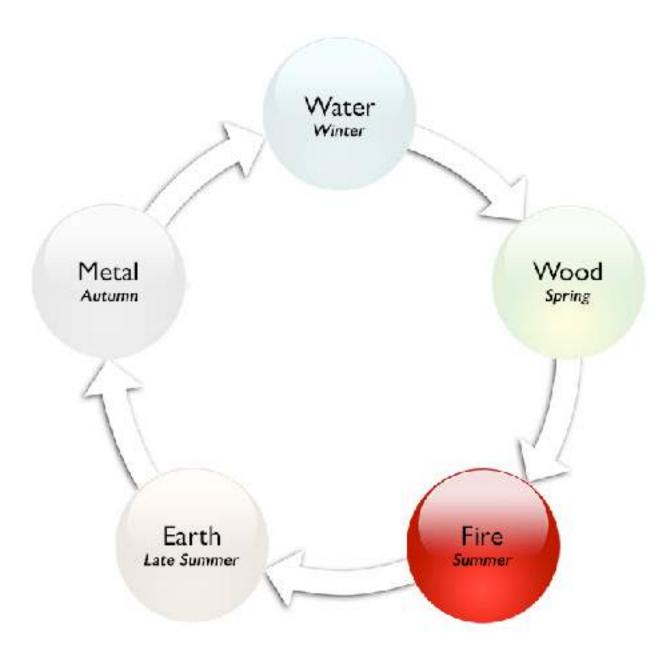
Fire Energy

Season: Summer









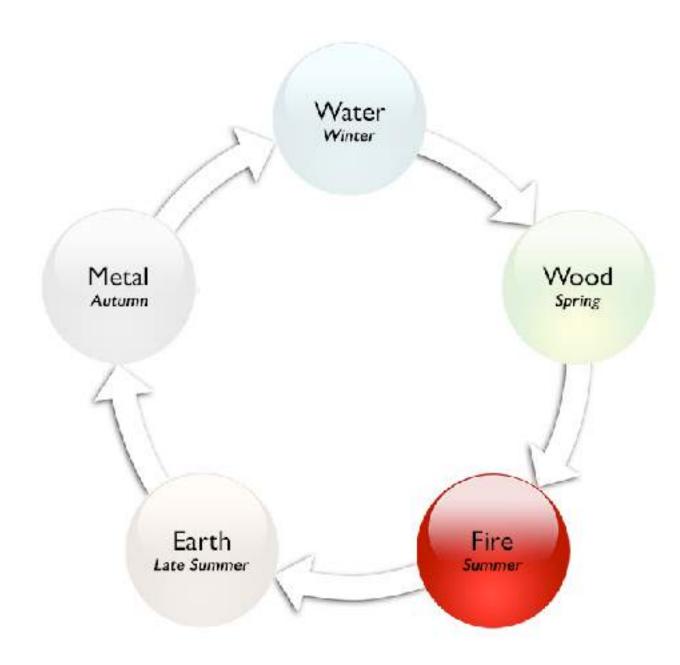
Fire Energy



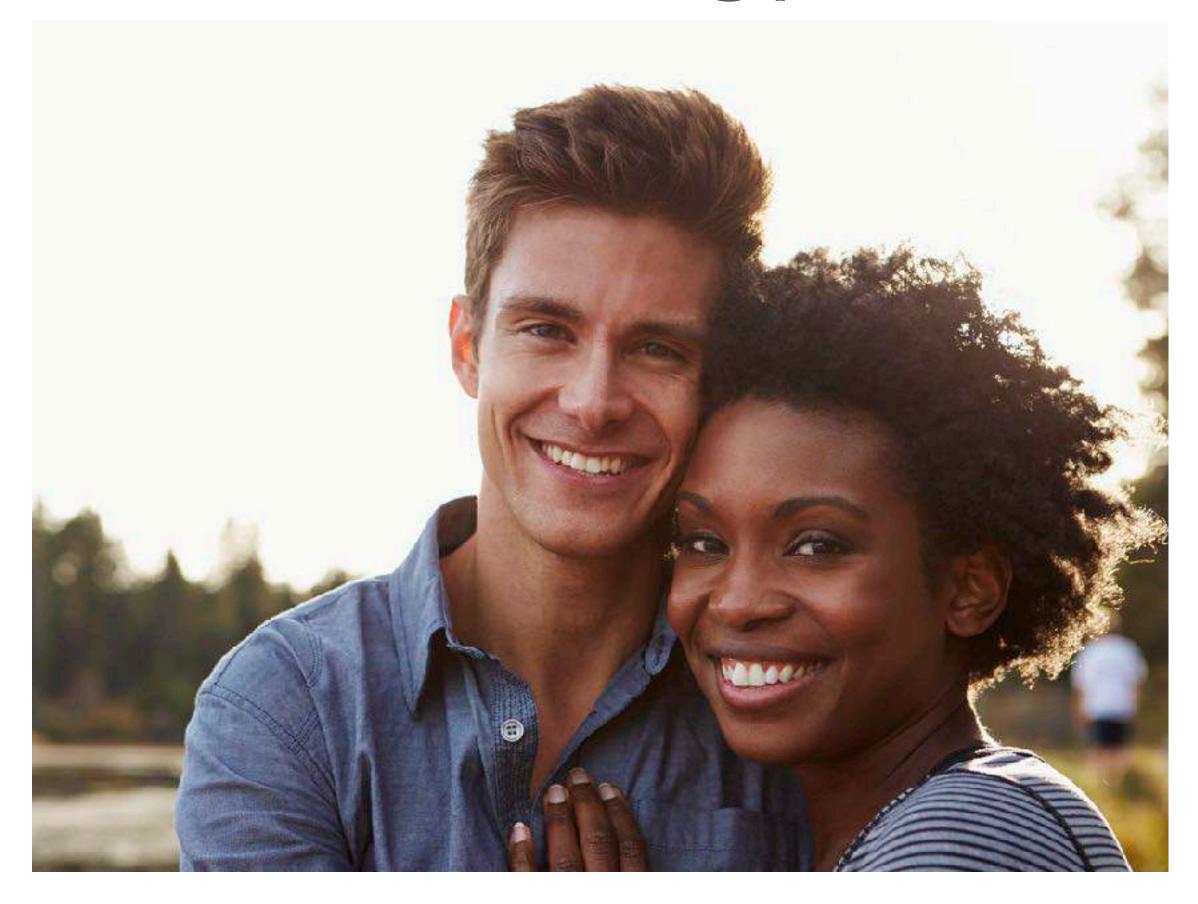








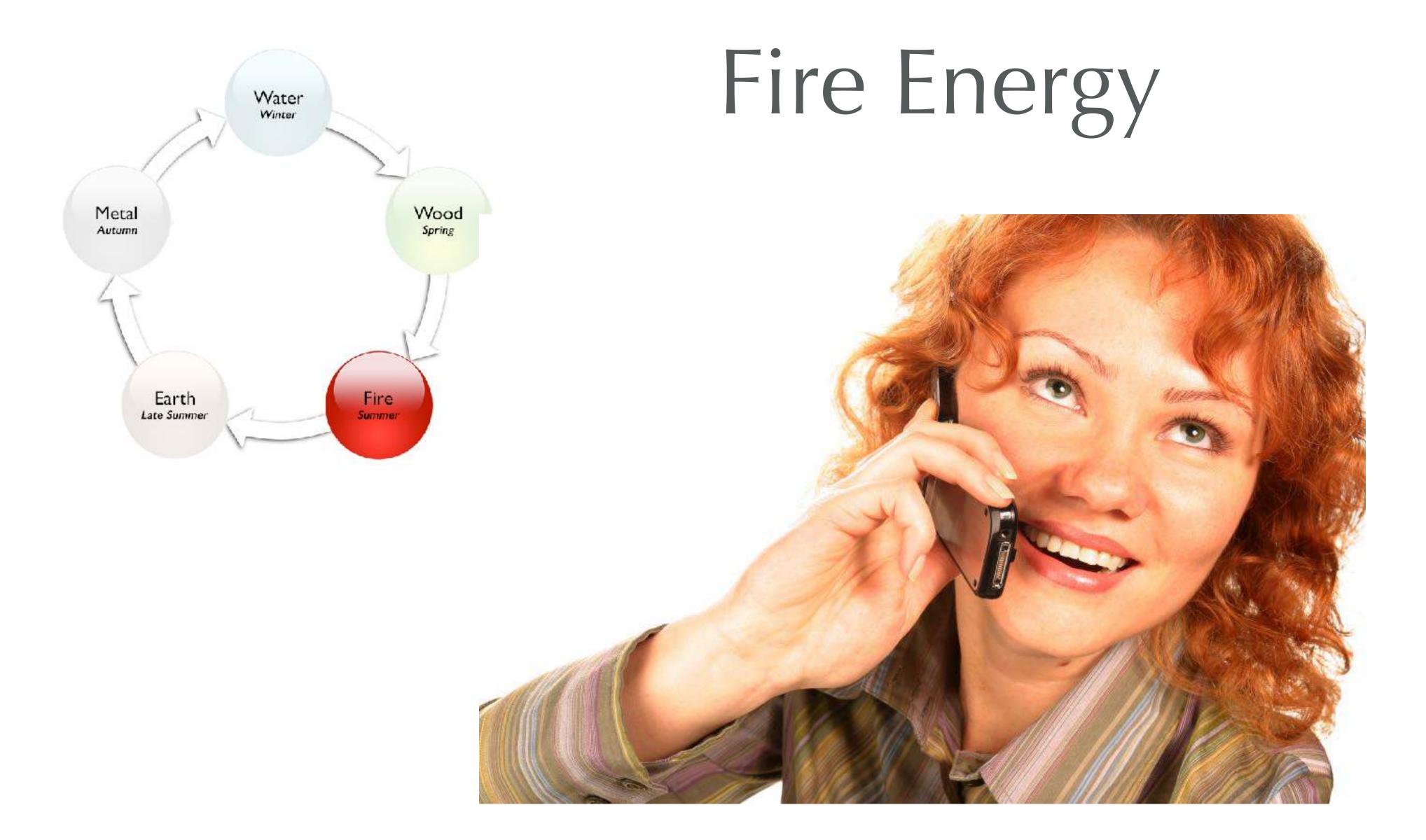
Fire Energy



Big Question: Am I loved? Do I bring joy?









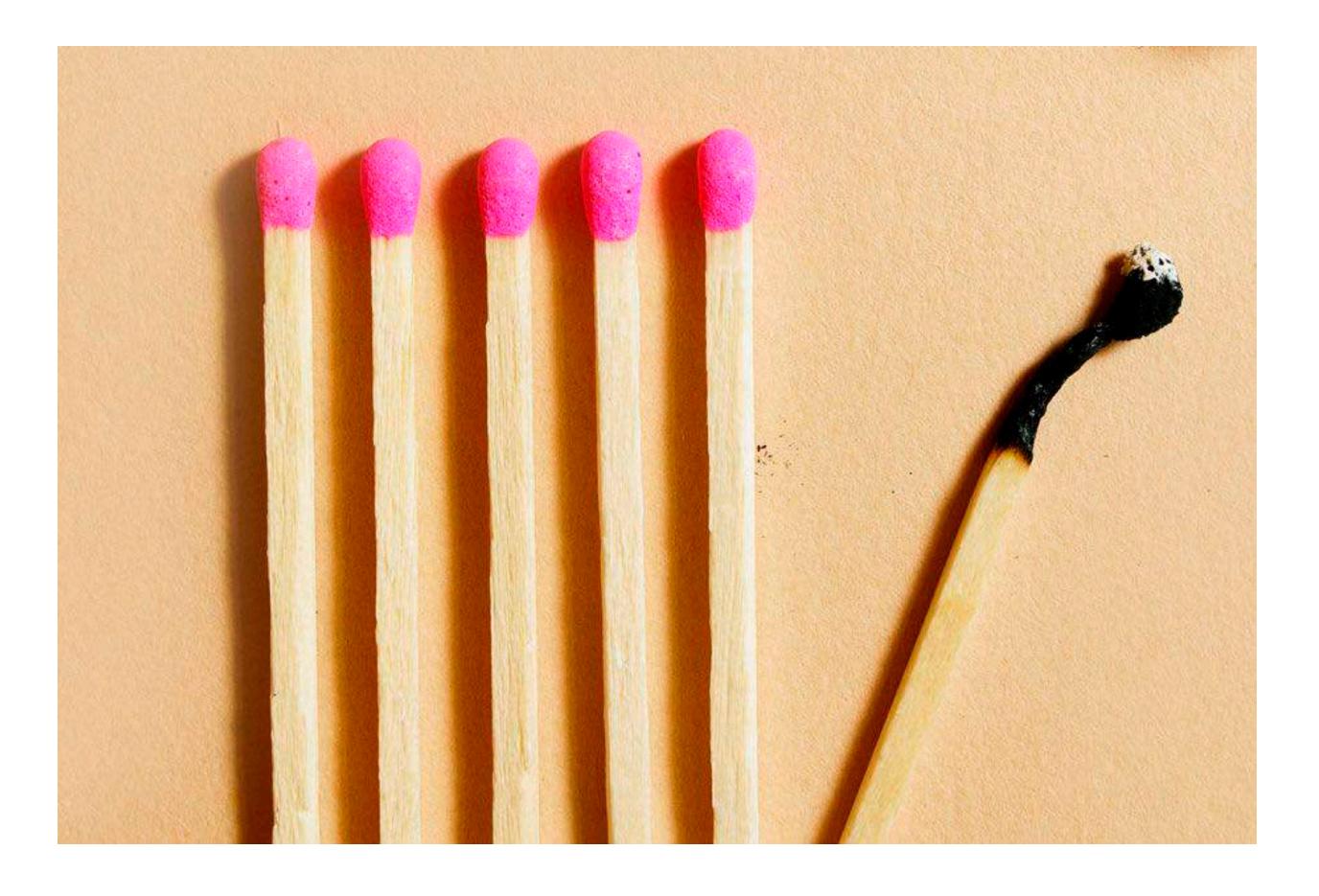
Fire Energy







Fire Energy







Metal Wood Spring Earth Late Summer

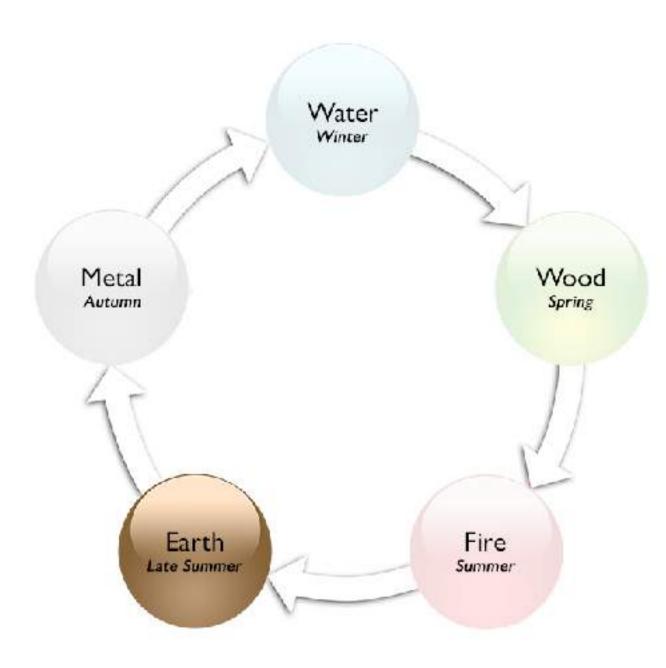
Fire Energy

Emotion: Joy and Playfulness













Metal Autumn Wood Spring Fire Summer

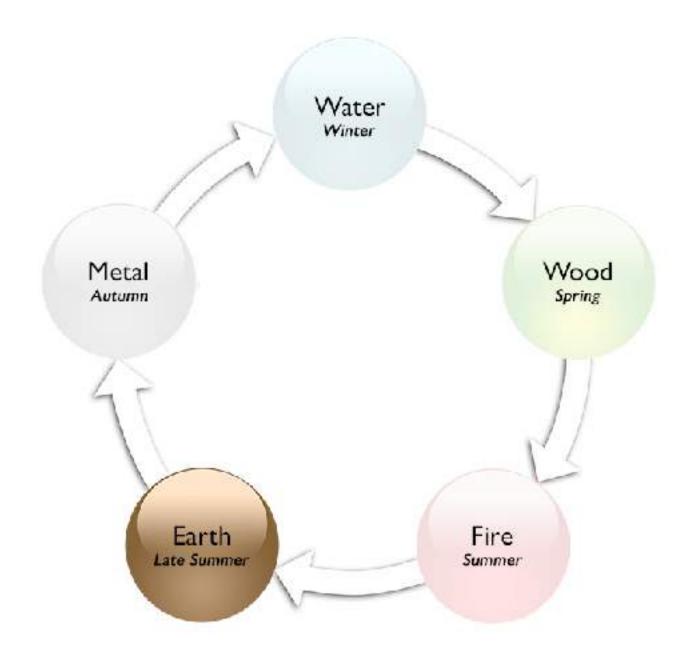
Earth Energy

Season: Late Summer









Earth Energy



Big Question: Do I understand & Am I understood?





Metal Autumn Wood Spring Fire Summer













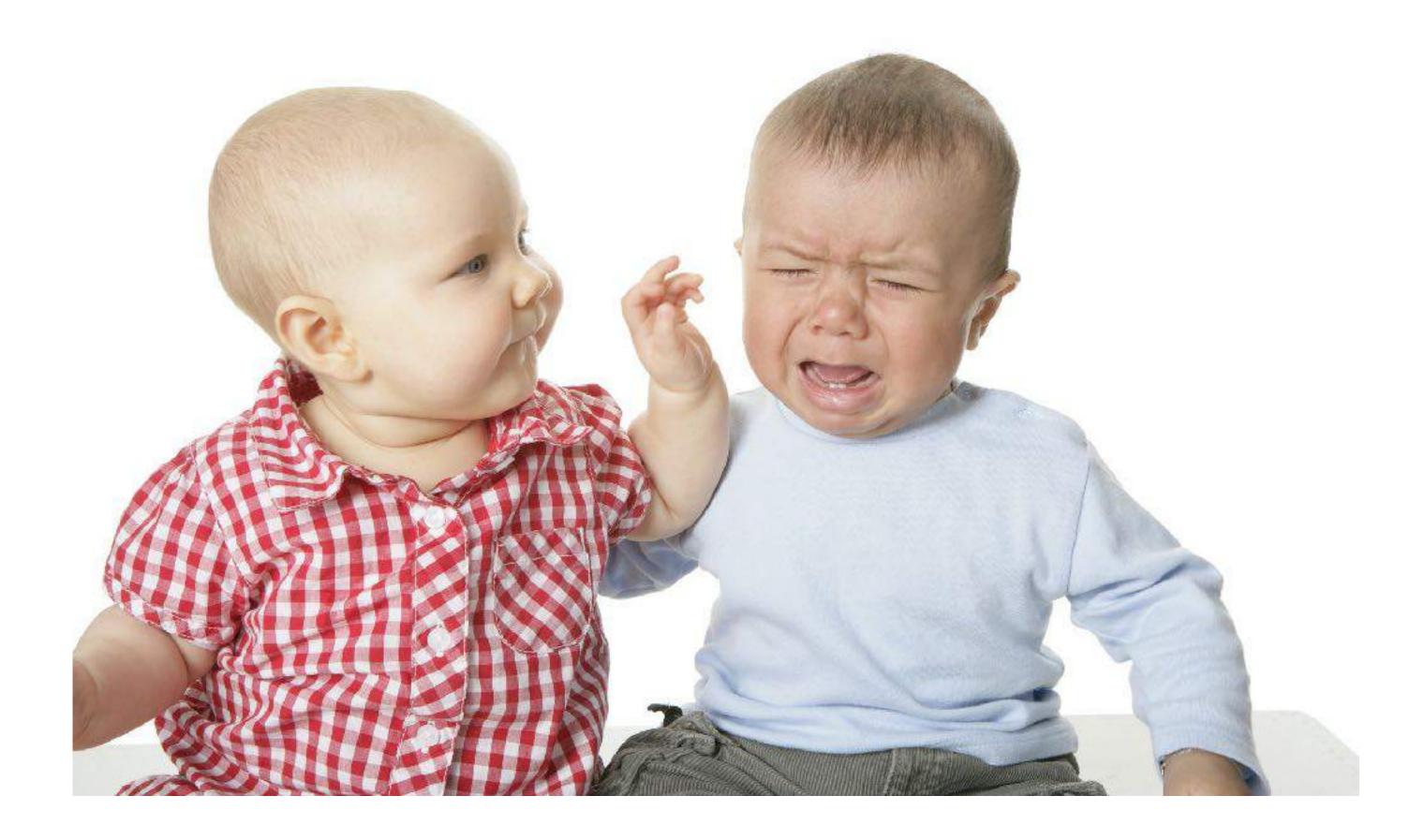






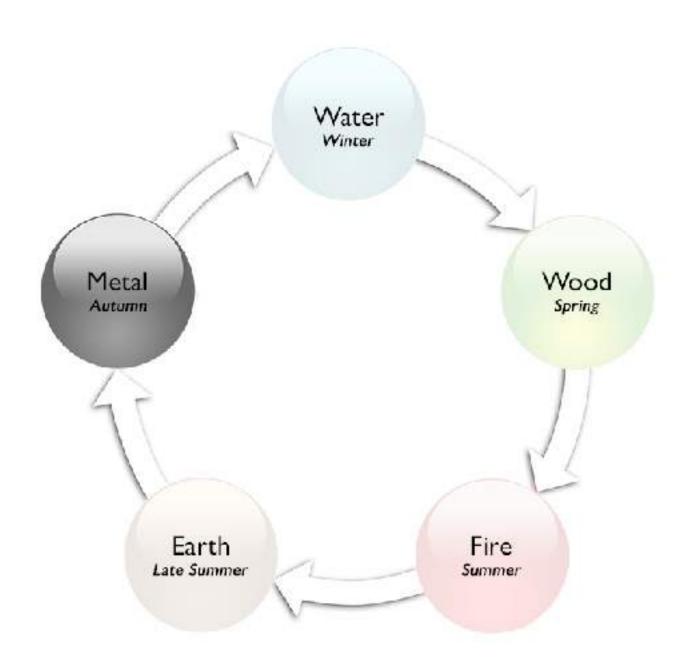
Earth Energy

Emotion: Empathy/Sympathy













Metal Autumn Wood Spring Earth Fire Summer

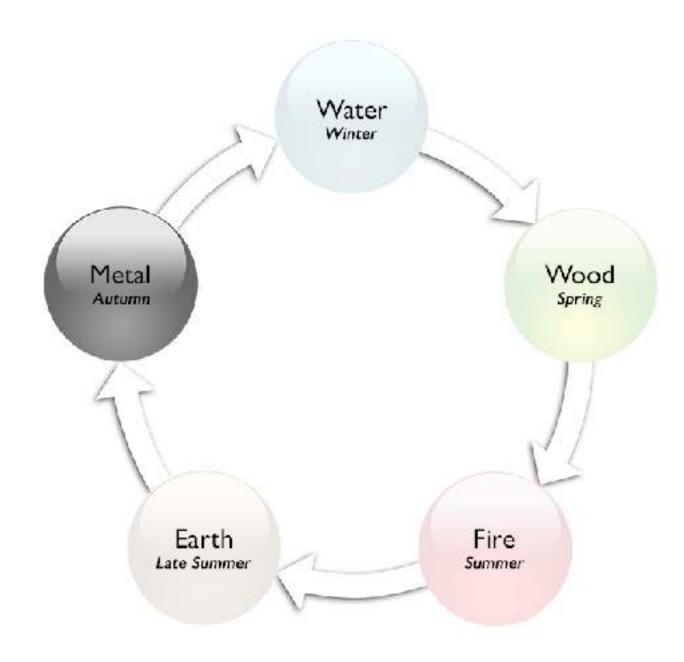
Metal Energy

Season: Autumn/Fall

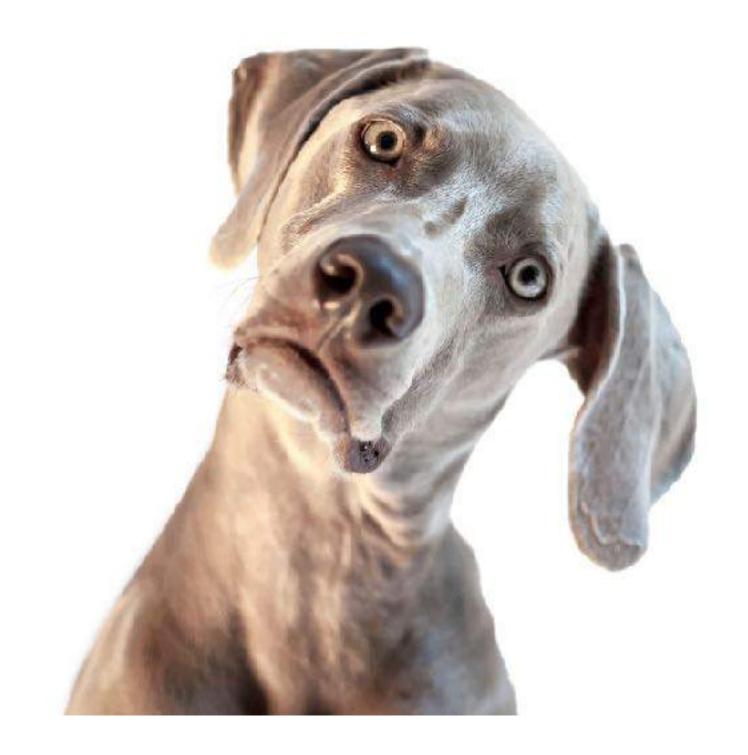








Metal Energy



Big Question: What is missing? What isn't done?







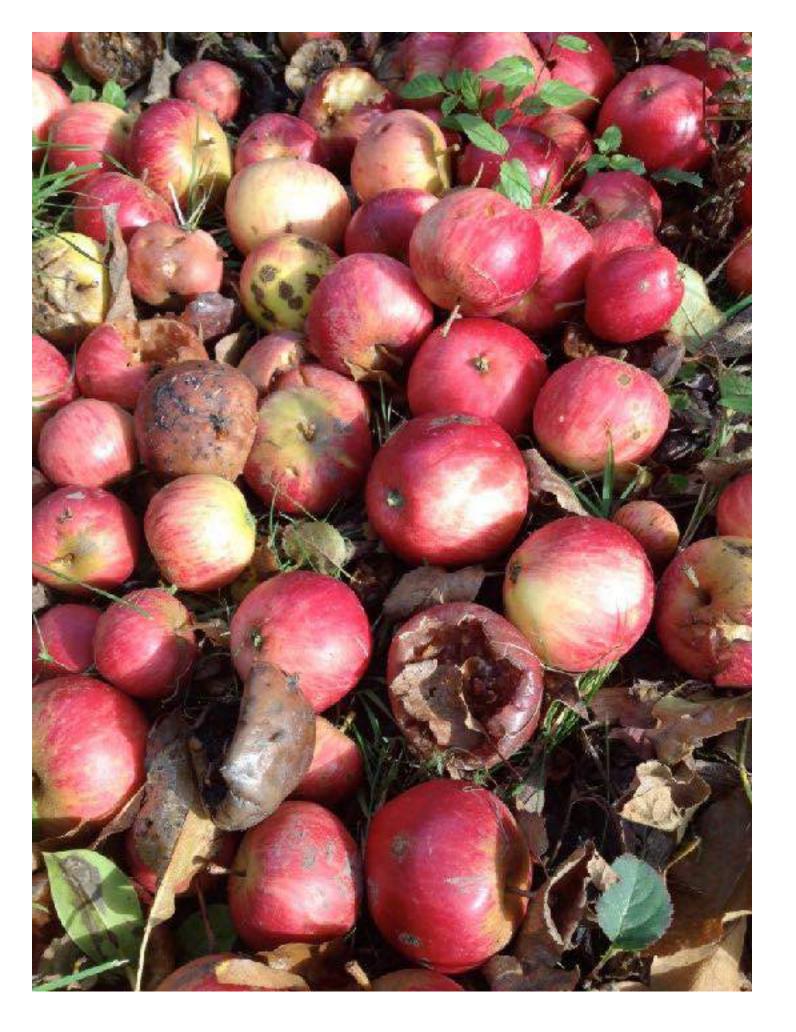






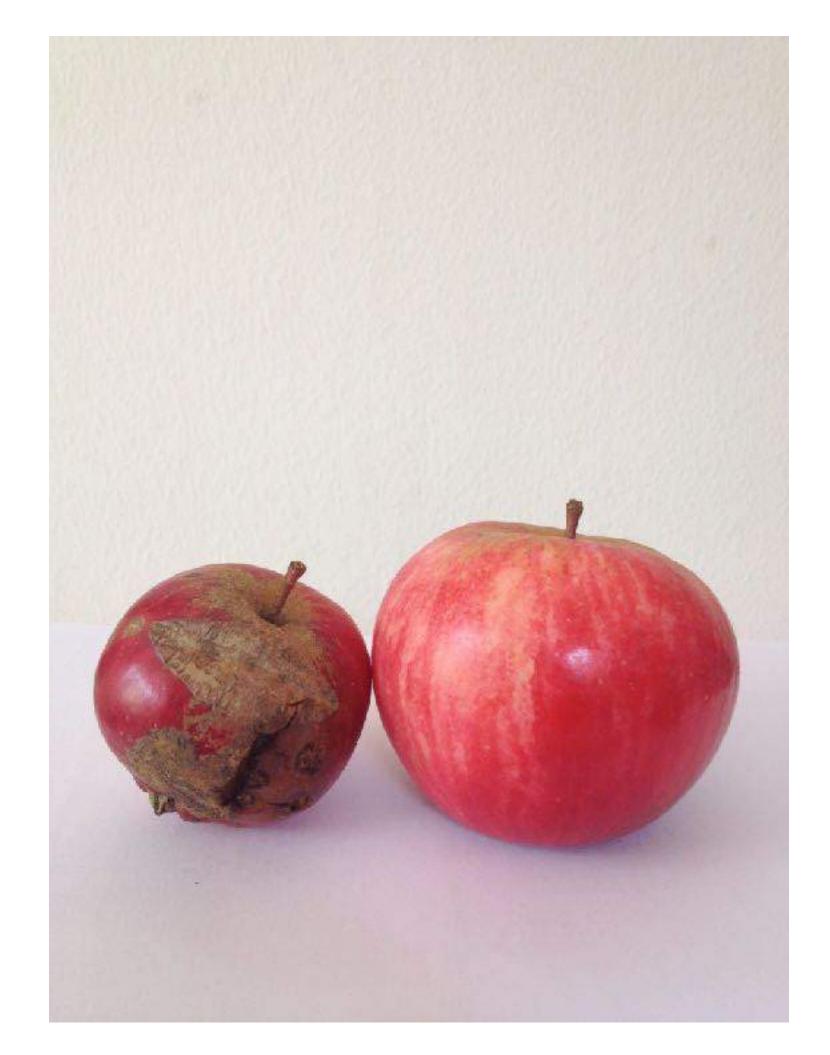






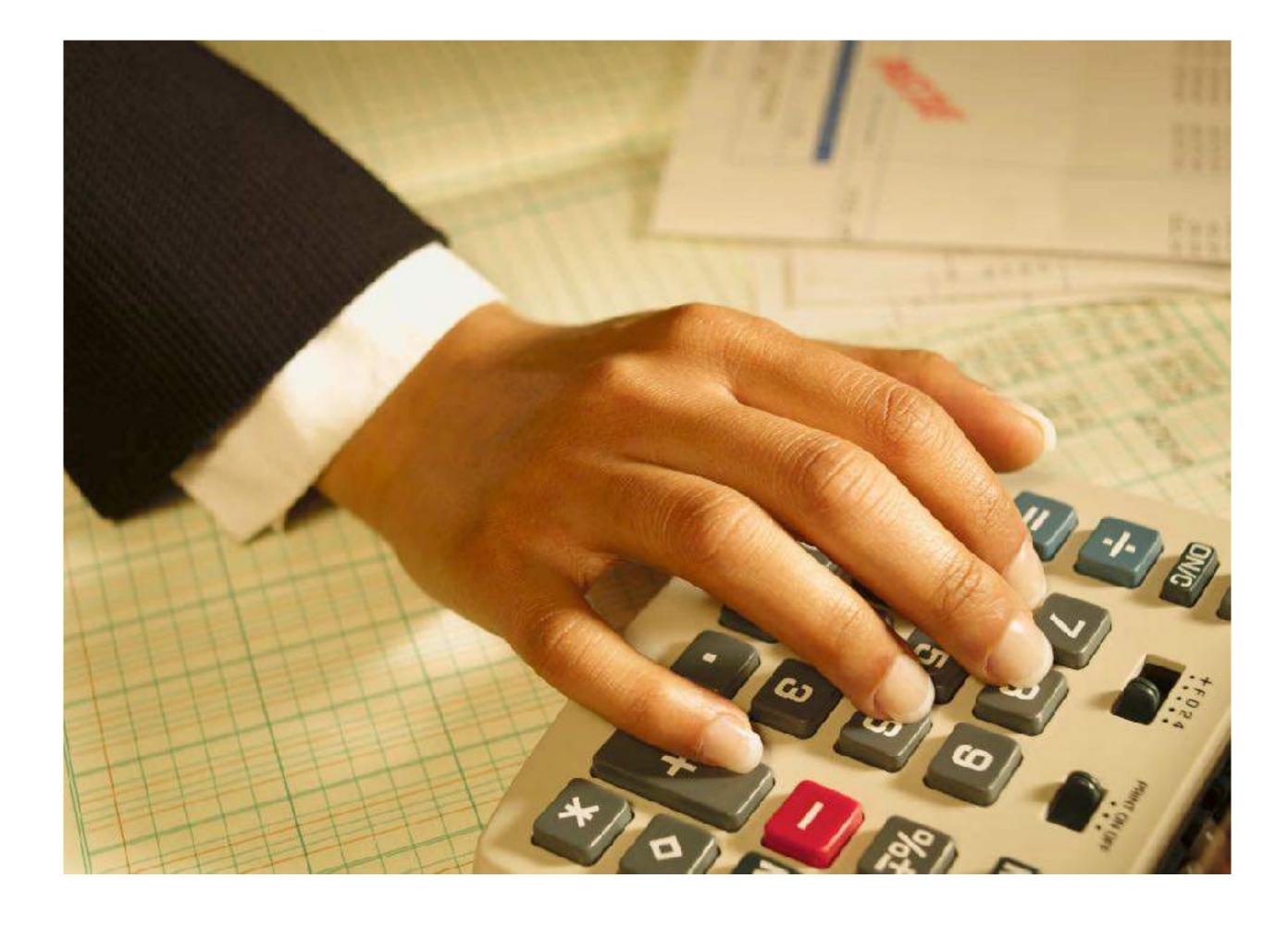










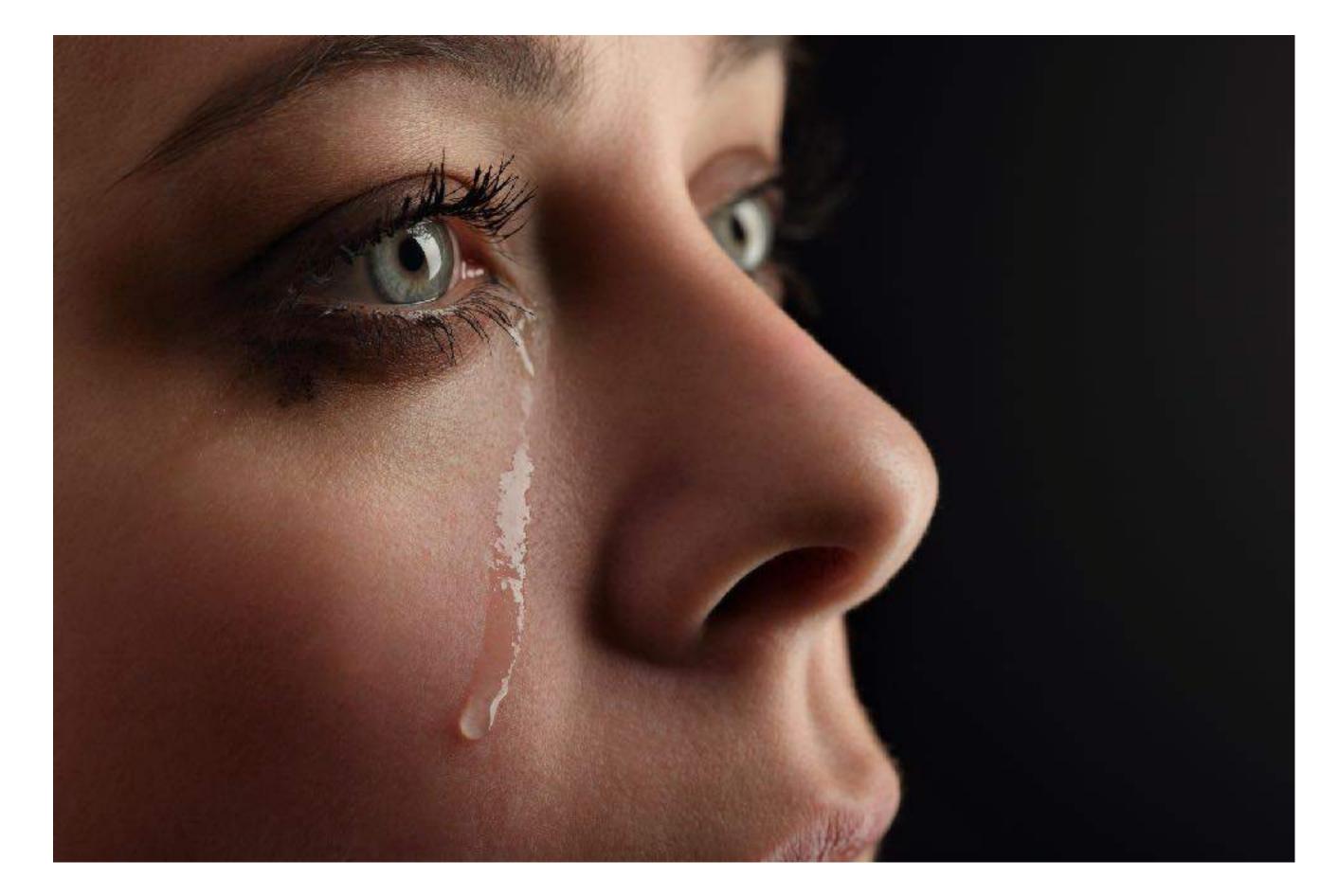






Metal Energy

Emotion: Grief/Loss







The Five Energies

Water - Big Question: Am I safe? Is it safe?

Wood - Big Question: Am I free? Are we free?

Fire - Big Question: Am I loved? Am I Appreciated?

Earth - Big Question: Do I understand & Am I understood?

Metal - Big Question: What is missing? What isn't done?





Guidely

Breakout Rooms!



Debrief. Know your Energy, meet the needs of your Energies. Examples. This is also their value in the world, what makes you special, what is your X-factor.

Worked with a nurse... Dream crusher.. Intensive... saves lives











The Five Energies





1.

2.





1. A Clash of Energies/Values or Beliefs

2.





1. A Clash of Energies/Values or Beliefs

2. Miscommunication or Misunderstanding

3.





- 1. A Clash of Energies/Values or Beliefs
- 2. Miscommunication or Misunderstanding
- 3. Preformed Listing, Thinking or Responding





Have either of you...

1.

2.

3.

4





Have either of you...

1. Entered the conversation with something else going on?

2.

3.

4





Have either of you...

1. Entered the conversation with something else going on?

2. Had this conversation before?

3.

4.



Have either of you...

1. Entered the conversation with something else going on?

2. Had this conversation before?

3. Got past traumas or triggers about the subject?

4.

5.

} Guide∣



Have either of you...

- 1. Entered the conversation with something else going on?
- 2. Had this conversation before?
- 3. Got past traumas or triggers about the subject?
- 4. Already decided on the outcome or rehearsed the conversation?

5

2ana

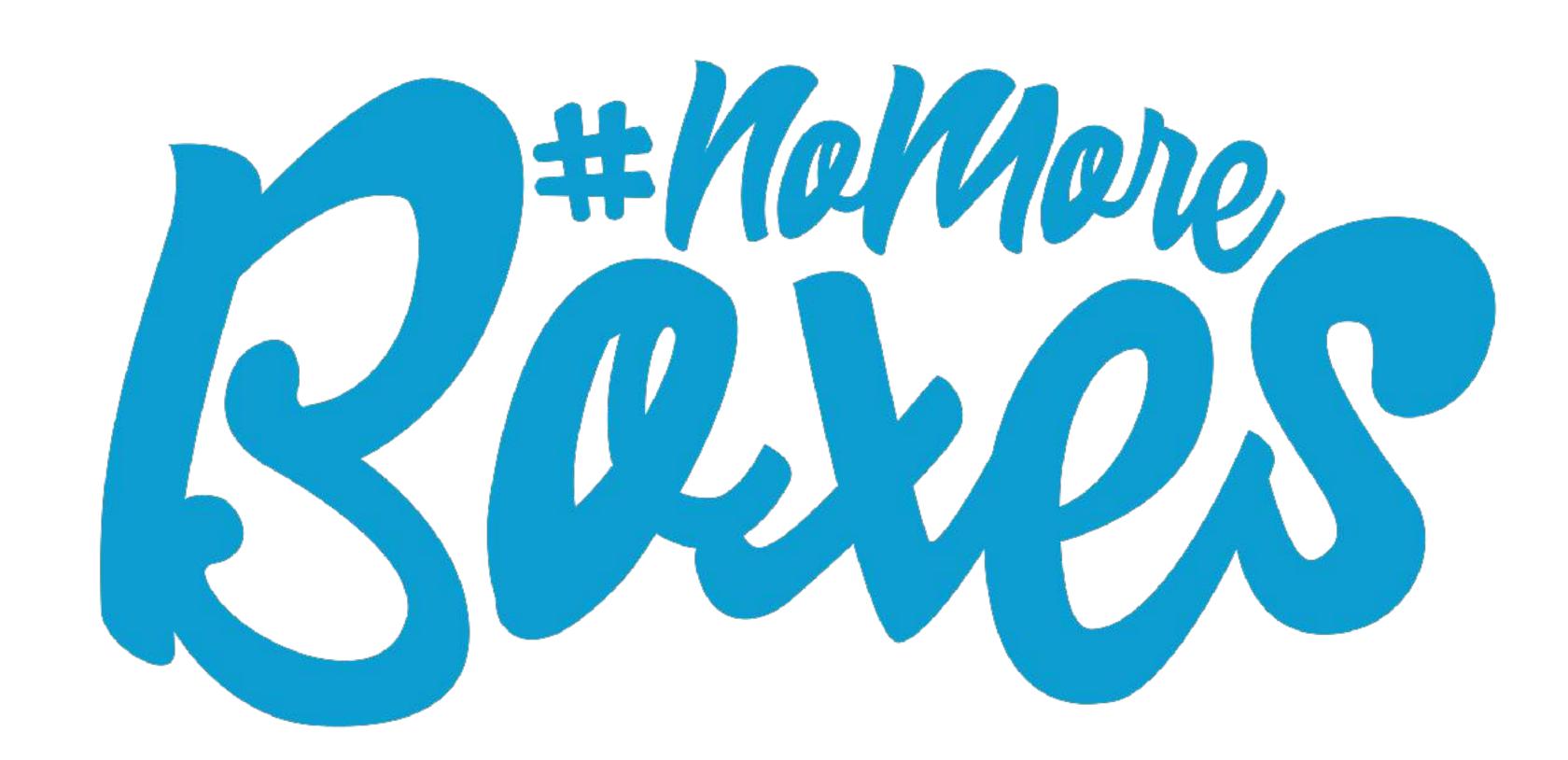


Have either of you...

- 1. Entered the conversation with something else going on?
- 2. Had this conversation before?
- 3. Got past traumas or triggers about the subject?
- 4. Already decided on the outcome or rehearsed the conversation?
- 5. Put each other in a Box?







Movement

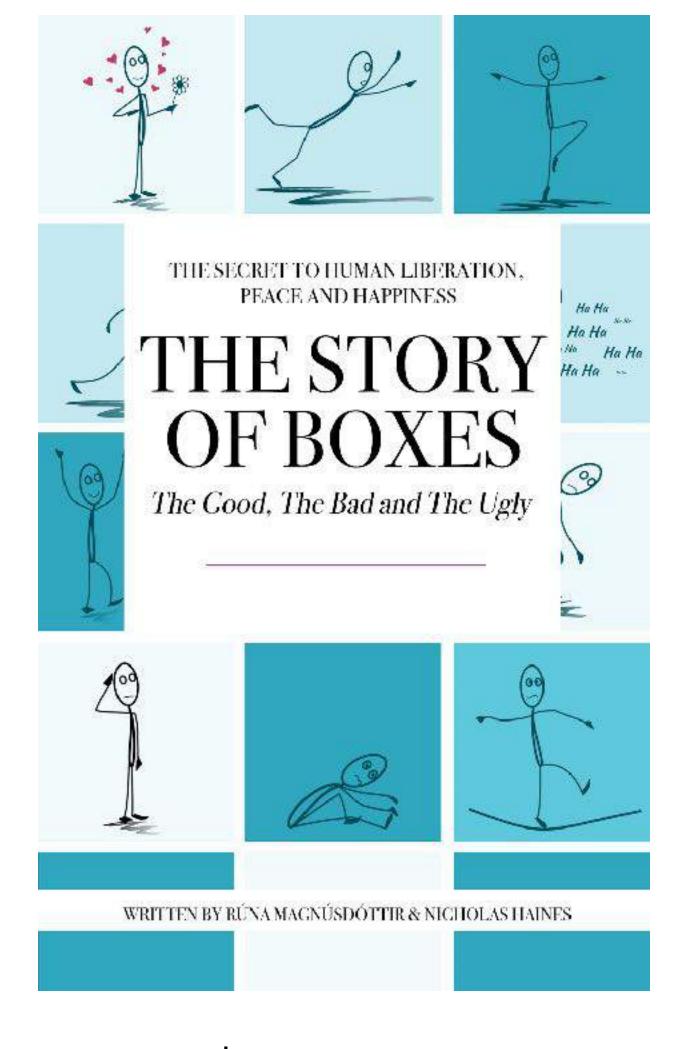




Mannare CALLS



Nicholas Haines



www.nomoreboxesmovement.com



Rúna Magnúsdóttir



THE #NOMOREBOXES MOVEMENT IS:

The Antidote to Division and Black & White Thinking

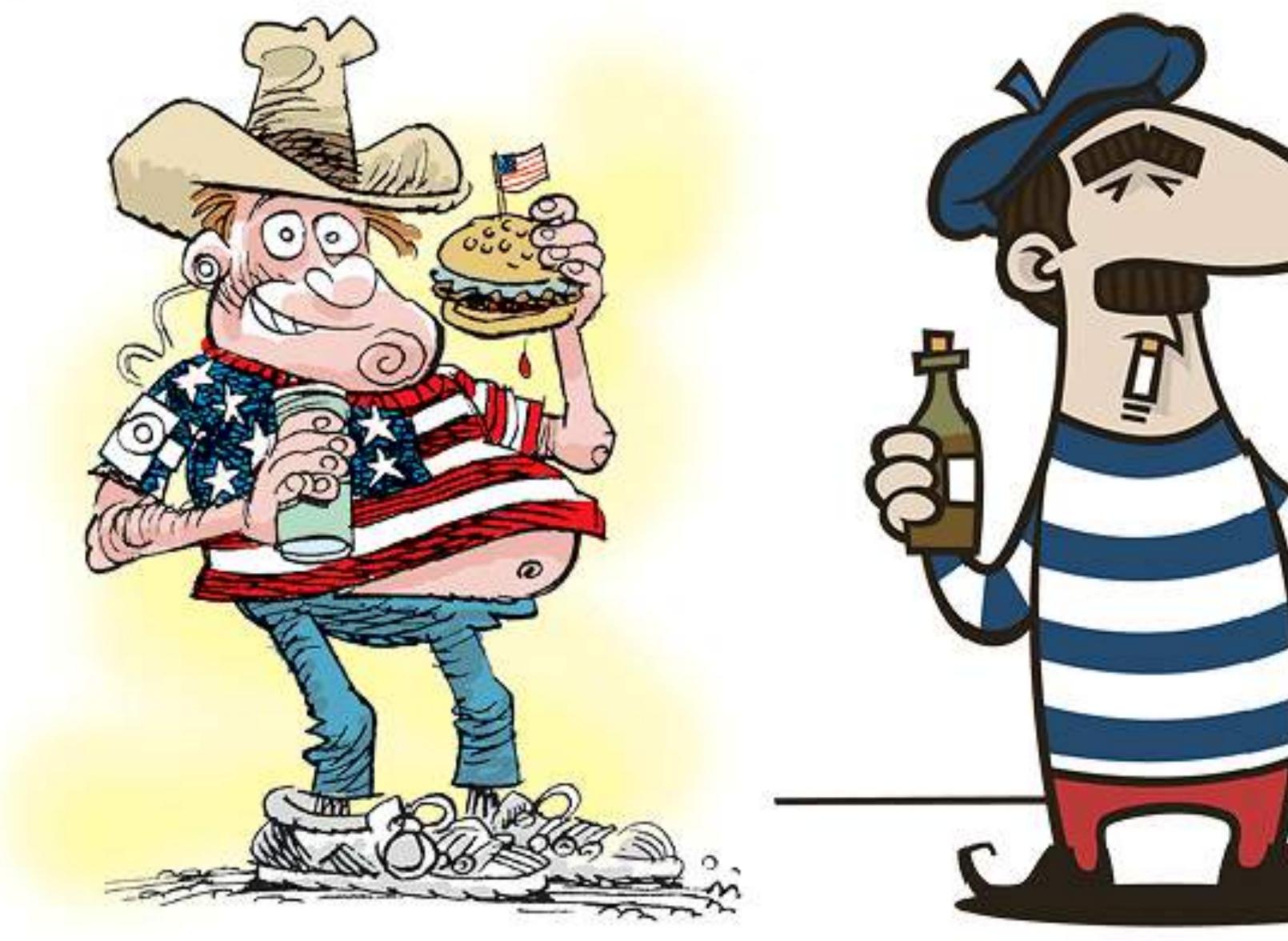




What is a Box?











WIDEX.CO.NZ

MEN NEVER LISTEN. STILL, IT'S NICE TO KNOW THEY CAN.













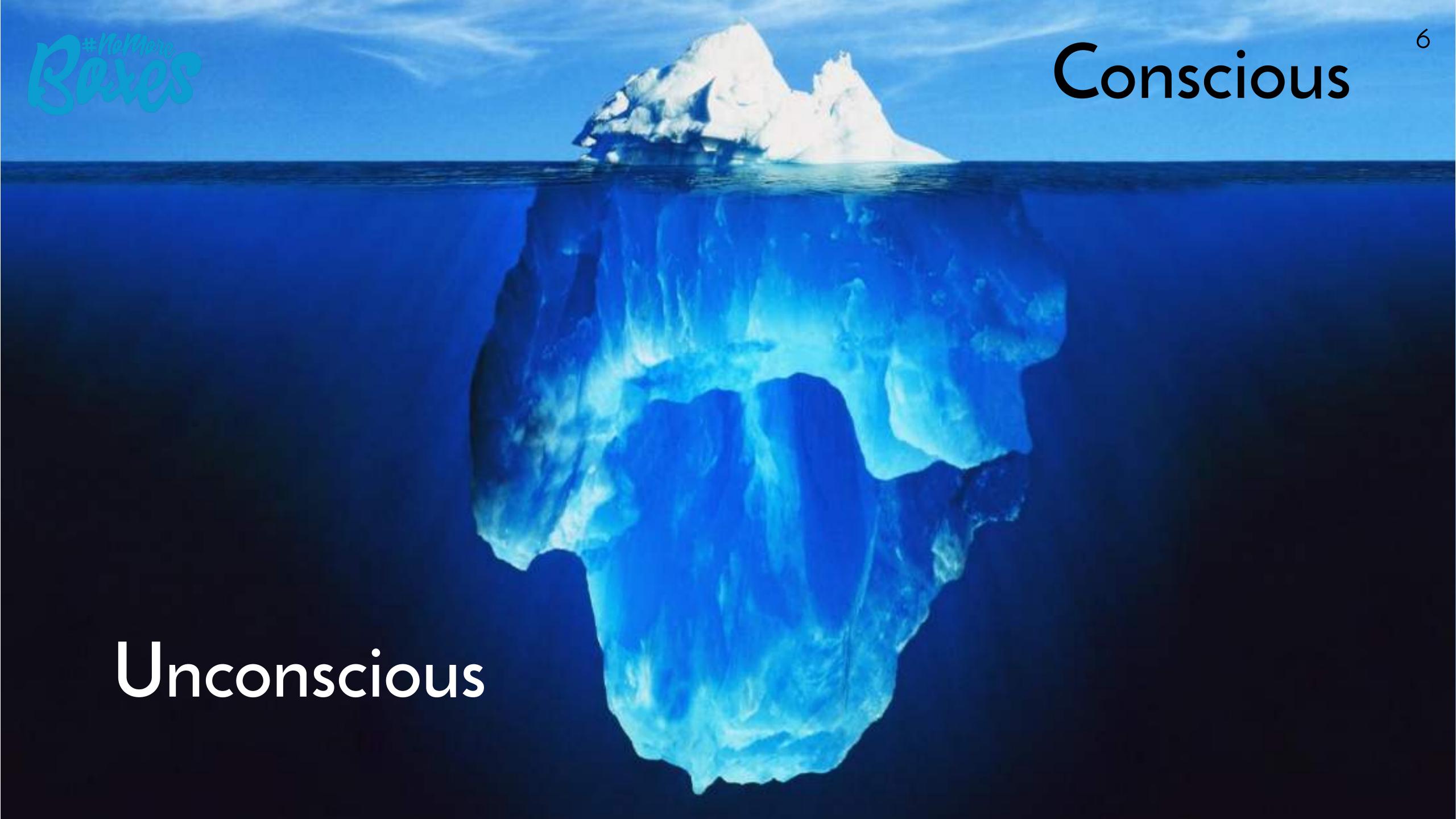
ALL WRONG

ALL RIGHT



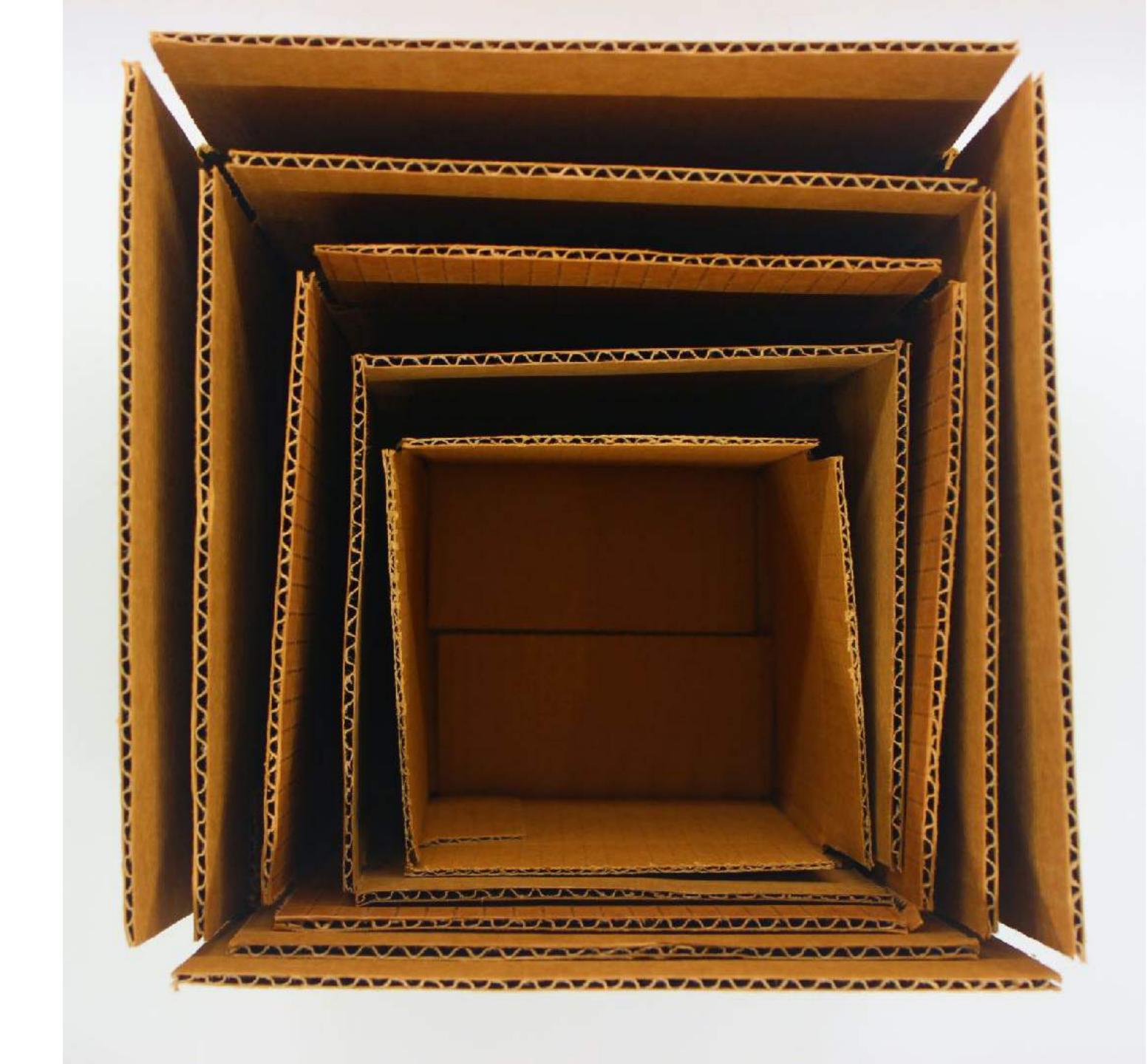




















First 2-3 things when you think of Married Couples





First 2-3 things when you think of Married Couples

First 2-3 things when you think of Couples





Menti.com 98 98 22 6

Debrief conversation







Water:

Wood:

Fire:

Earth:





Water: Safety, Security and Resources

Wood:

Fire:

Earth:





Water: Safety, Security and Resources

Wood: Freedom or a Fantastic Idea!

Fire:

Earth:





Water: Safety, Security and Resources

Wood: Freedom or a Fantastic Idea!

Fire: Fun, Bringing Joy or Showing off!

Earth:





Water: Safety, Security and Resources

Wood: Freedom or a Fantastic Idea!

Fire: Fun, Bringing Joy or Showing off!

Earth: Understanding, Entertaining or Happy Families





Water: Safety, Security and Resources

Wood: Freedom or a Fantastic Idea!

Fire: Fun, Bringing Joy or Showing off!

Earth: Understanding, Entertaining or Happy Families

Metal: Elegance & Quality.





Breakout Rooms!





Debrief conversation





Debrief and solutions - close that loop. Link to take TVT - New conversation. Stories.
Tell them about Relationship Book - give them an extract - reciprocity





The Art of Kind and Flowing Relationships

A PRACTICAL GUIDE TO DEAL WITH YOUR
DIFFERENCES AND CREATE HAPPY
RELATIONSHIPS THAT LAST



NICHOLAS HAINES





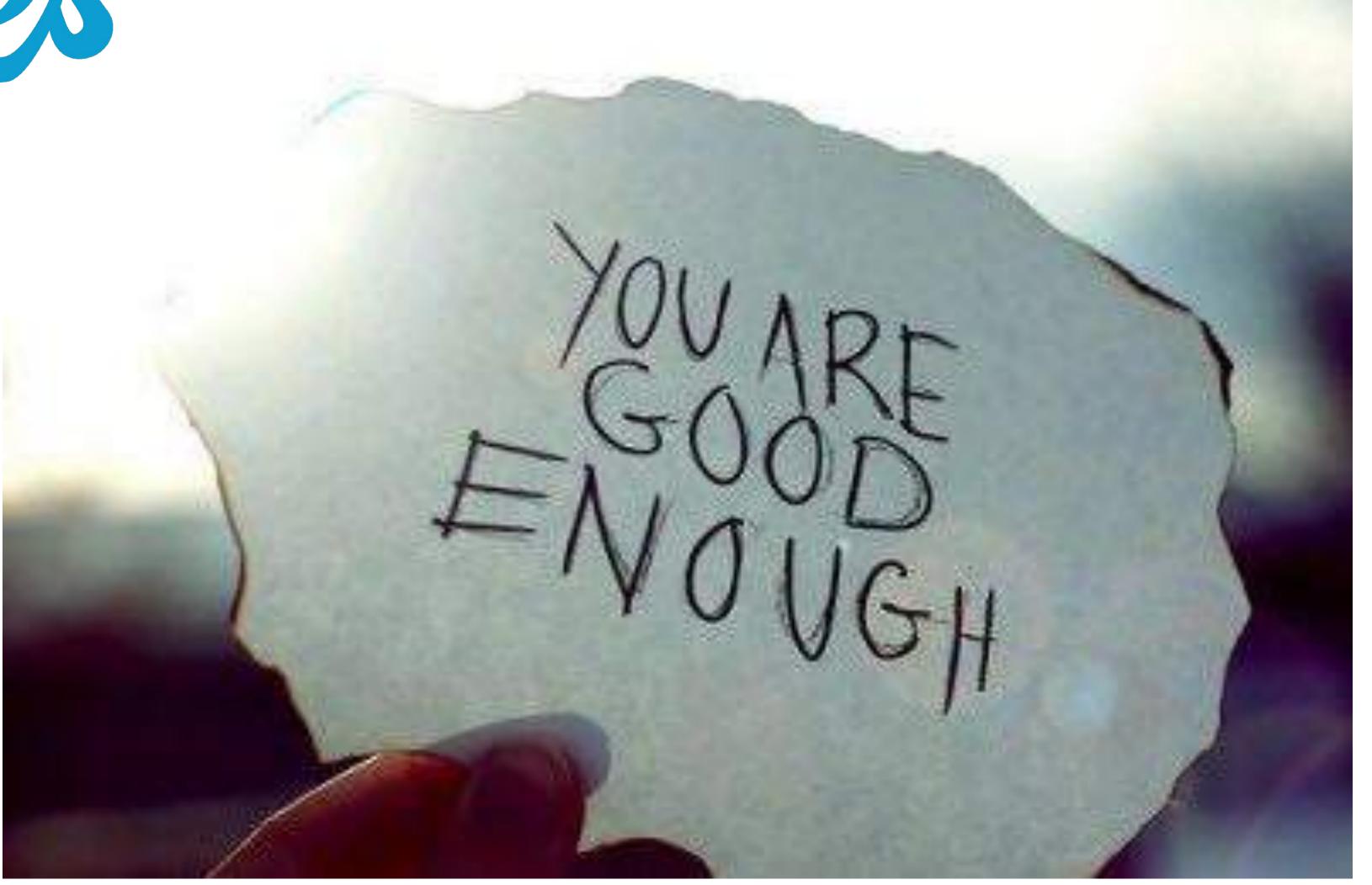
The Big Problem of Money Boxes!







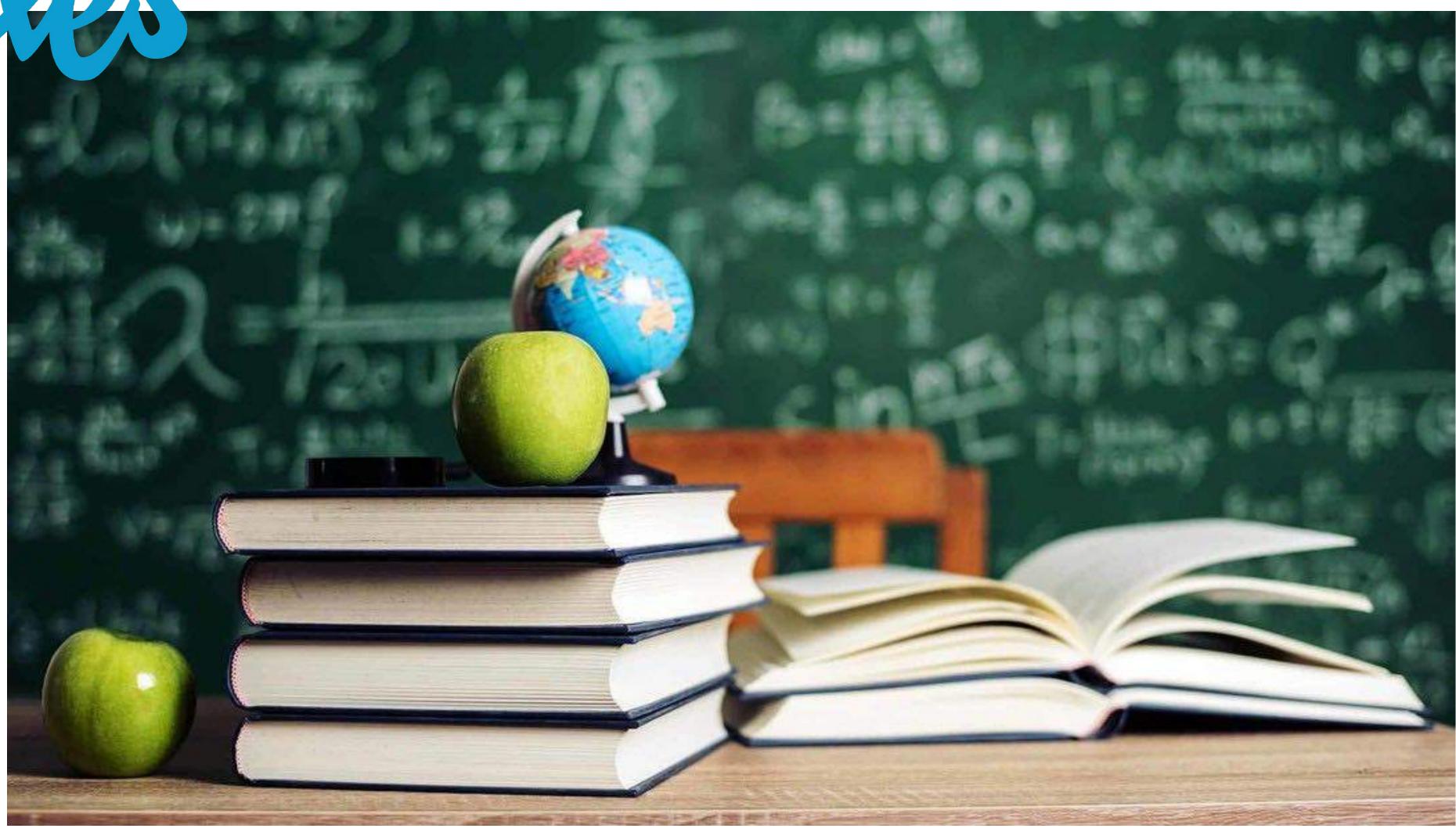




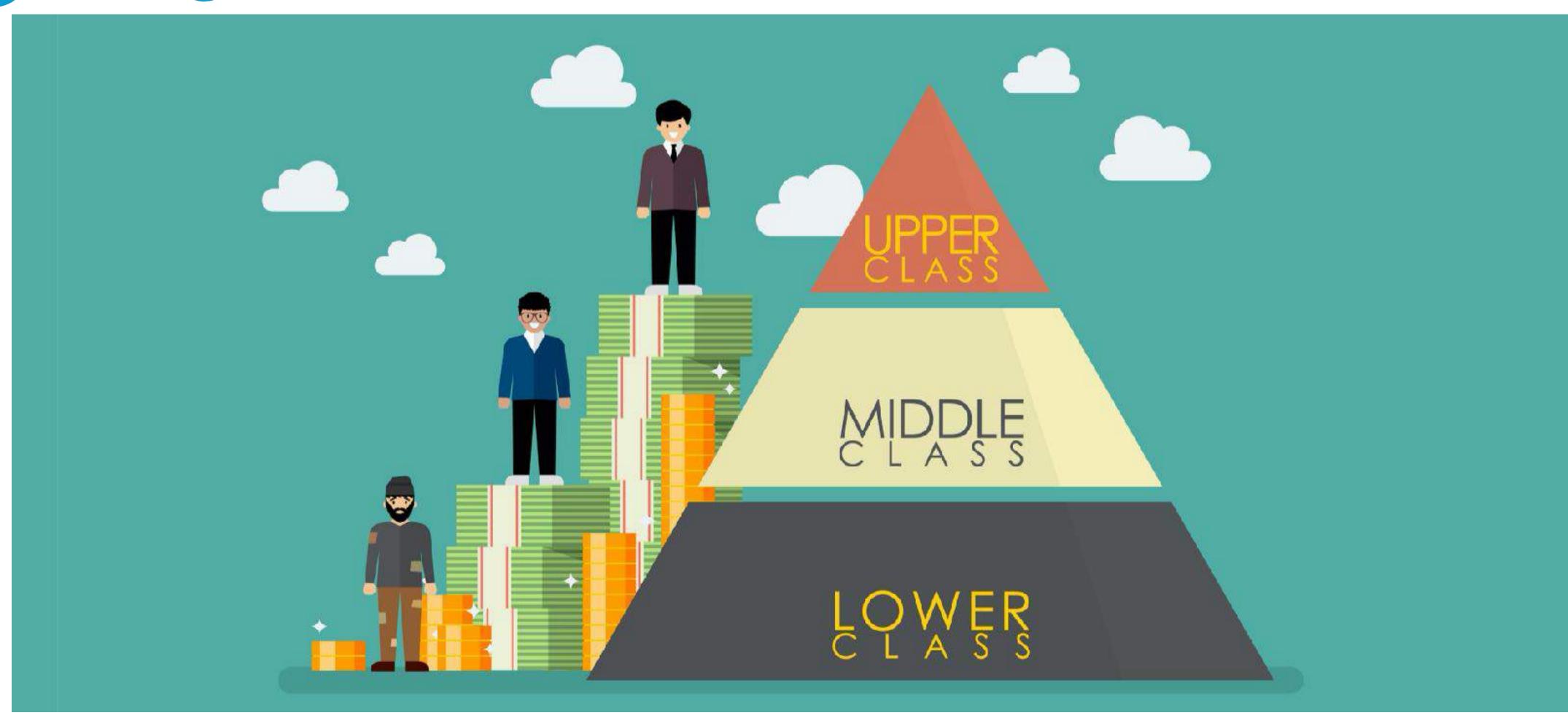
Marviore

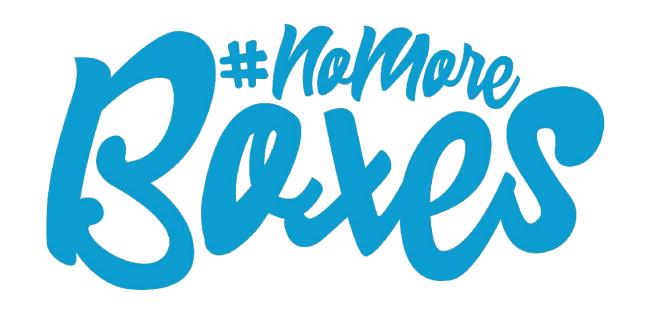
Contract

Cont

































We Tend To Live In Alignment With Our Boxes









First 2-3 things when you think of Rich People





First 2-3 things when you think of Rich People

First 2-3 things when you think of Poor People

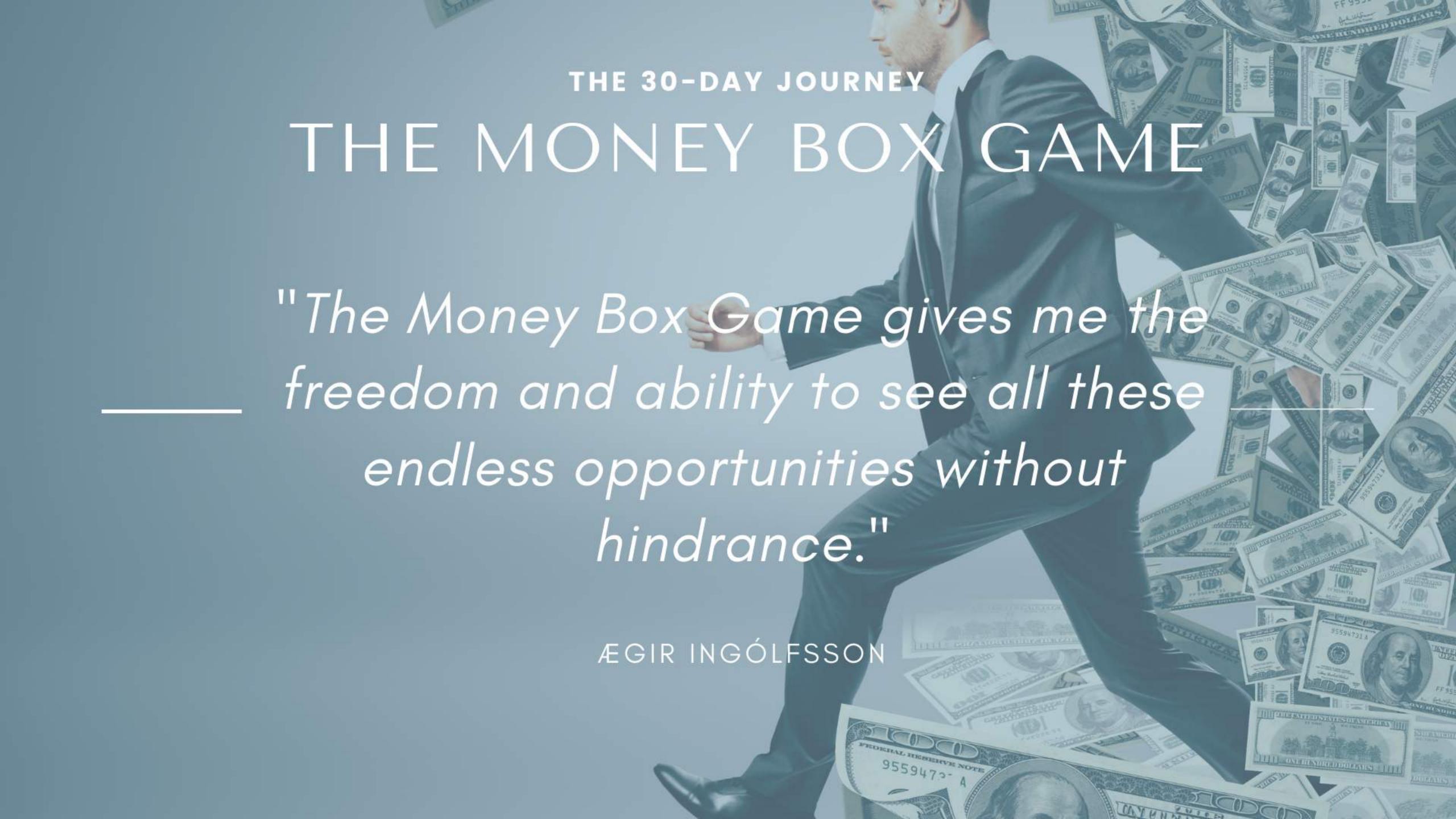


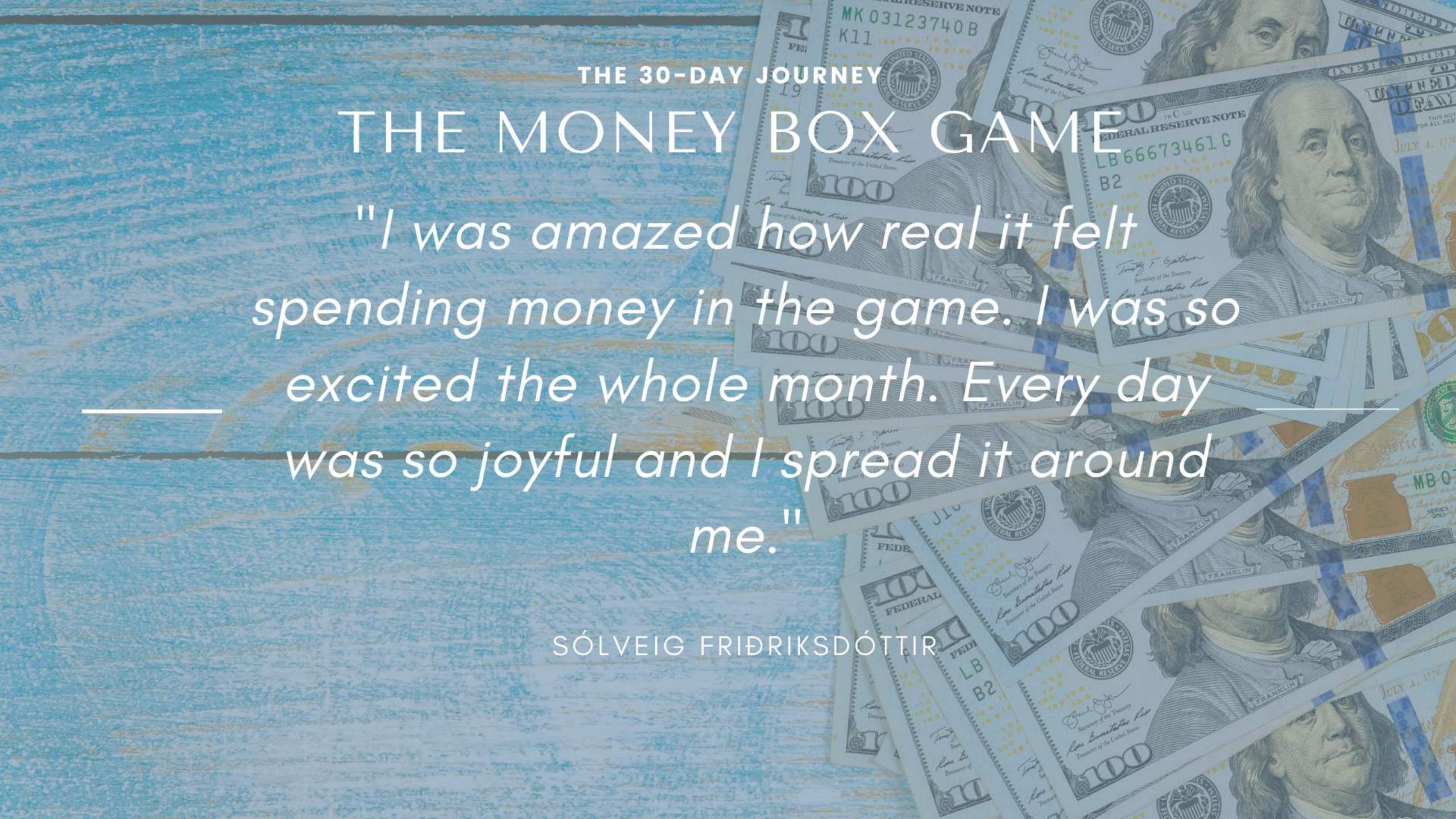


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THE 30-DAY JOURNEY

THE MONEY BOX GAME

"The Money Box Game is a simple, powerful way to see, feel and shift your attitudes about money.

In a nutshell, it's perfect for where we are now and where we're most likely headed.

Highly recommended."

MATTHEW NEWMAN

THE 30-DAY JOURNEY

THE MONEY BOX GAME

"I found **The Money Box Game** incredible powerful in expanding my own programme around money and in getting rid of old programmes around money that are not healthy for me or suit me in my own life.

Highly recommend playing this game.

A lot of fun expands your life and your Money Box"

HLÍF STURLUDÓTTIR

That's All Folks!

