



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

