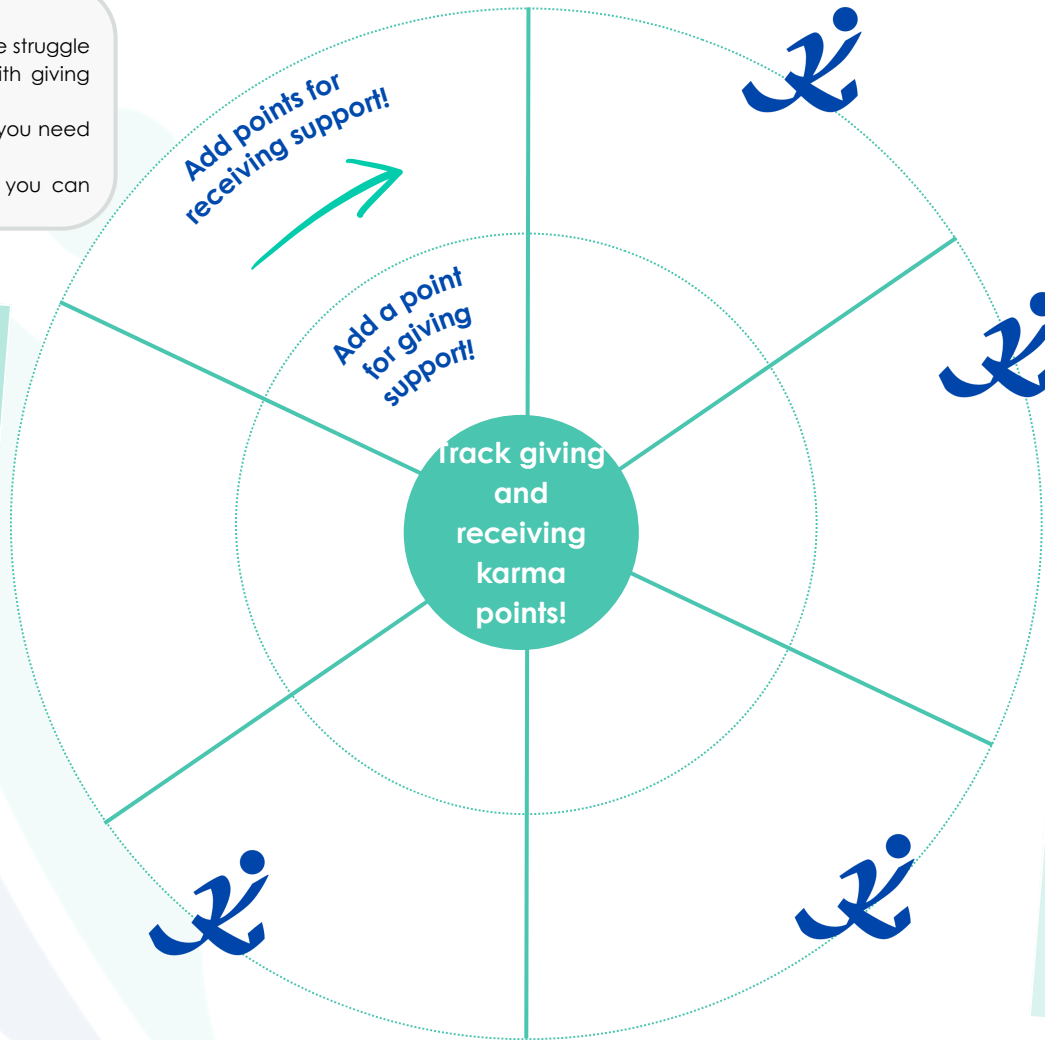


KARMA BANK FLOW

Practice the point routine for reflection and maintaining momentum

EXPLANATION:

1. Adding points follows your flow. Some struggle receiving support, then you start with giving support and vice versa.
2. Focus again on people, with whom you need to improve your relationship.
3. Focus on colleagues who you feel you can easily help to start with.



Karma-Bank OPTIONAL TRACKING-LIST

Karma-Bank OPTIONAL REALIZATION-LIST
(THE EASY, THE HARD, THE FUN)