

# I.E.P. | INTENTIONAL ENERGETIC PRESENCE <sup>®</sup>

## I.E.P. METHOD <sup>®</sup>

- 1 REBOOT YOUR PRESENCE IN THE MOMENT
- 2 BUILD A STRONG ENERGETIC FIELD AND FOUNDATION
- 3 CREATE INTENTIONAL IMPACT

## ENERGY CHECK

P/E: \_/10 M/E: \_/10 V: \_/10 R: \_/10

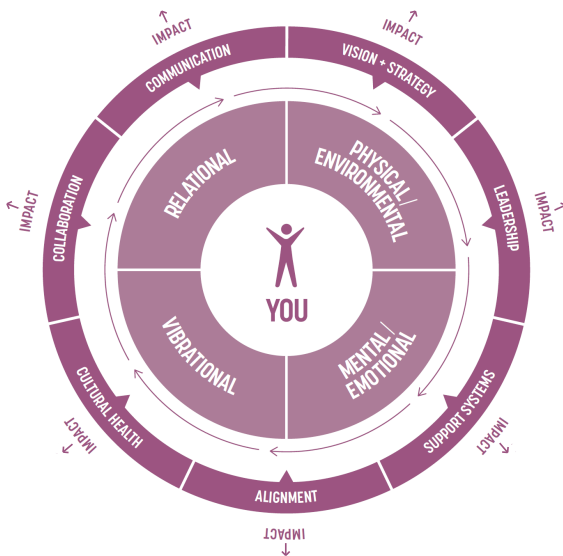
## REBOOT

MOMENT TO MOMENT

- 1 NOTICE
- 2 ENVISION / INTEND
- 3 TAKE CARE
- 4 STEP IN
- 5 RINSE & REPEAT

## IEP FOUNDATION

MARK 4 THINGS YOU'LL DO TO OPTIMIZE



- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

DATE:

PROJECT:

## 5 STEPS TO INTENTIONAL IMPACT

PRE-MEETING, CONVERSATION, OR PROJECT

### 1 OUTCOMES

WHAT DO YOU WANT TO HAVE HAPPEN?

### 2 IMPACT

THE EMOTIONAL IMPACT: HOW DO YOU WANT THEM TO FEEL, HOW DO YOU WANT TO FEEL?

### 3 SHOW UP

HOW WILL YOU HAVE TO SHOW UP TO CREATE YOUR OUTCOMES & IMPACT?

### 4 BELIEVE

WHAT WILL YOU HAVE TO BELIEVE TO SHOW UP THAT WAY?

### 5 ACTION

WHAT WILL YOU HAVE TO DO BEFORE / DURING / AFTER?

# 5 MAGIC QUESTIONS

EXPLORE YOUR IMPACT

AM I HAVING THE IMPACT I WANT TO HAVE?

DO I FEEL THE WAY I WANT TO FEEL?

DO PEOPLE FOLLOW ME BECAUSE THEY WANT TO OR HAVE TO?

WHAT CULTURE AM I PERSONALLY CREATING?

HOW AM I ALIGNING WITH MY VALUES TODAY?

# GRATITUDE

WHAT OR WHOM CAN YOU BE GRATEFUL FOR TODAY?

# WATER

COLOR IN FOR EACH 8oz TODAY



# TODAY'S TAKEAWAY

REFLECT & INTEND

THE IMPACT I HAD:

WHAT I LEARNED:

TOMORROW I INTEND:

# NOTES

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