

## Submission - #2

<b>Date / Time</b>
14/11/2025 3:15 PM
<b>Overall Energy</b>
Moderate
<b>Focus &amp; Clarity</b>
Steady
<b>Mood / Emotional Tone</b>
Driven / Energised
<b>Motivation &amp; Drive</b>
High
<b>Physical Cues (Tick all that apply)</b>
Stable / No symptoms
<b>Sleep Quality</b>
Interrupted
<b>Creativity Level</b>
Steady
<b>Social Energy</b>
Open / Sociable
<b>Highlights &amp; Wins</b>
Great chat and lunch with Carolyn!
<b>Friction Points</b>
How much I got to do and how much I have no idea of to run my business.
<b>Where do you feel you are hormonally today?</b>
Lower energy/refinement (Evolve)
<b>Anything else you noticed today?</b>

It was great to catch up and start building the basics for my business. Thank you so much.