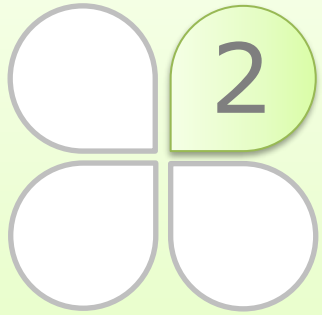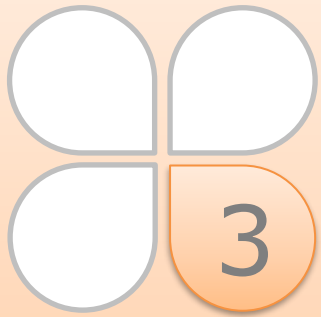**1**

sense

From 0 - 10: How much energy could you currently generate for .... ?
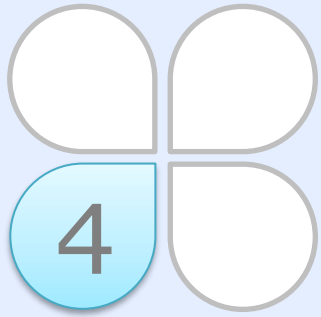
<small>topic / project / period</small>

feeling

From 0 - 10: What priority could .... currently have for you?

topic / project / period

3 understanding

From 0 - 10: How big could your input be at the moment for .... ?

topic / project / period

plan

From 0 - 10: How fixed might already be everything in relation to .... ?
topic / project / period