## **Identify Your Strengths**

1. Past challenges		
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2. Health issues/conditions		
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	_	
3. Family situation		
3. Fairing Situation	П	
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4. Past/present career experience		
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5. Hobbies/activities		
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	- 📙	. 🗀
	_ 🛚	. 🗆
6. Other groups/populations		
or other Proabs, bobaidions		



How can yoga l	nelp _(office workers)
Physically	
Energetically	
Mentally	
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