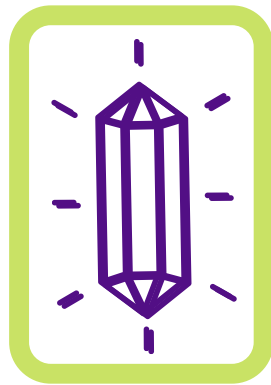
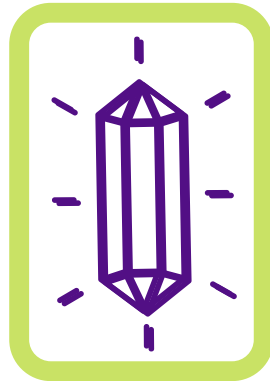


# TIRAGENS ESSENCIAIS

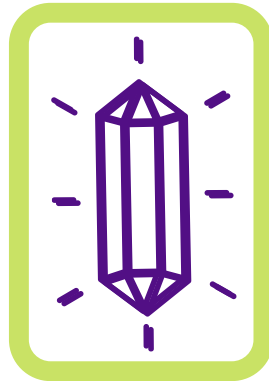
Tiragens que você já aprendeu na aula 05:



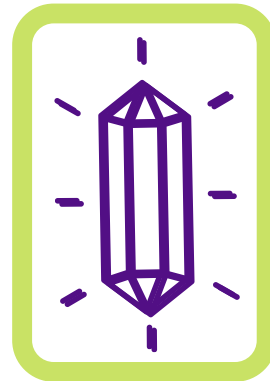
**Energia  
do seu dia**



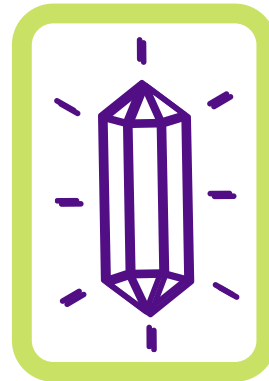
**Energia do  
seu desafio**



**Como  
sair dele**



**Como a  
situação se  
apresenta  
hoje**



**Como se  
apresentará  
no futuro**

