



Reconnect to self, others and nature for

everyday wellness

Tim Jack Adams

greenx7

the tools





The GreenX7 Tools have been developed to grow your Awareness Areas. By creating a rhythm and connecting to these Tools daily it will support you to recharge your battery.

X7 Tools



Tools to recharge




Your battery is a representation of YOU

- Your wellbeing
- Your resilience
- Your ability to be productive
- Your ability to foster connections
- Your ability to thrive and not just survive
- Your ability to perform at your best.



Reflection



A photograph of a smiling man and woman on a beach. The man is wearing a white Patagonia cap and sunglasses. The woman is wearing sunglasses and has a baby in a carrier. The image has a green overlay.

“Create a life that supports you, not a life that you need to support”

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