

# ANTIFRAGILITY NOTION SYSTEM

## HOW TO USE

### STEP 1: CLICK THE LINK:

Click on the template link below to open it in your browser

[https://potent-firewall-c46.notion.site/ANTIFRAGILITY-2a998fee513c801cbbef8874442488?source=copy\\_link](https://potent-firewall-c46.notion.site/ANTIFRAGILITY-2a998fee513c801cbbef8874442488?source=copy_link)

### STEP 2: DUPLICATE TO YOUR NOTION WORKSPACE:

Once the template opens:

1. Click the "Duplicate" button in the top-right corner
2. Select your Notion workspace from the dropdown menu
3. Click "Duplicate" to confirm

### STEP 3: START USING

The template is now in your personal Notion workspace. You can customize it and start building your inner architecture of control today.

Not a Notion user yet? Create a free account at [www.notion.so](http://www.notion.so) to get started.

If you have any questions or suggestions, please feel free to send us feedback via email to [info@theheartspiritual.com](mailto:info@theheartspiritual.com). We will respond within 24 hours.

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