

BARBELL STRATEGY 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/THE-BARBELL-STRATEGY-2ac98fee513c80cc9236ce694d2be1ef?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 to get started.

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

For more psychology templates and e-books, please visit www.theheartspiritual.com