

# Energy

Find ways you can feel good today. Yes you need discipline, and yes delayed gratification is powerful. However, if you can energize yourself daily, you will strengthen your ability and find flow in your daily activities.

- Physical
- Social
- Spiritual
- Dietary
- Creative

*“Life is a preparation for the future; and the best preparation for the future is to live as if there were none.”*

--- Albert Einstein

# Clarity

Are you clear regarding what you want and where you are going? Is what you do daily in line with quarterly and annual goals?

- Define it
- Visualize it
- Schedule it

# Tomorrow

Do something today that makes tomorrow easier. Prepare a little now and your tomorrow self will thank you for it. Continue for days and build momentum.

- Journal / Review
- Schedule
- Food
- Clothes
- Sleep

Notes:

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