

DAY 4: FIX YOUR ENERGY

You're not lazy. You're drained.

Energy Audit

What is draining my energy right now?

Sleep

What needs to change about my sleep?

Movement

What simple movement will I commit to?

Night Shutdown

What will I stop doing at night? What will I do instead?

Today's Takeaways:

Energy drives everything.

Today's Action

Make three simple changes and follow through.