



Well Powered Living

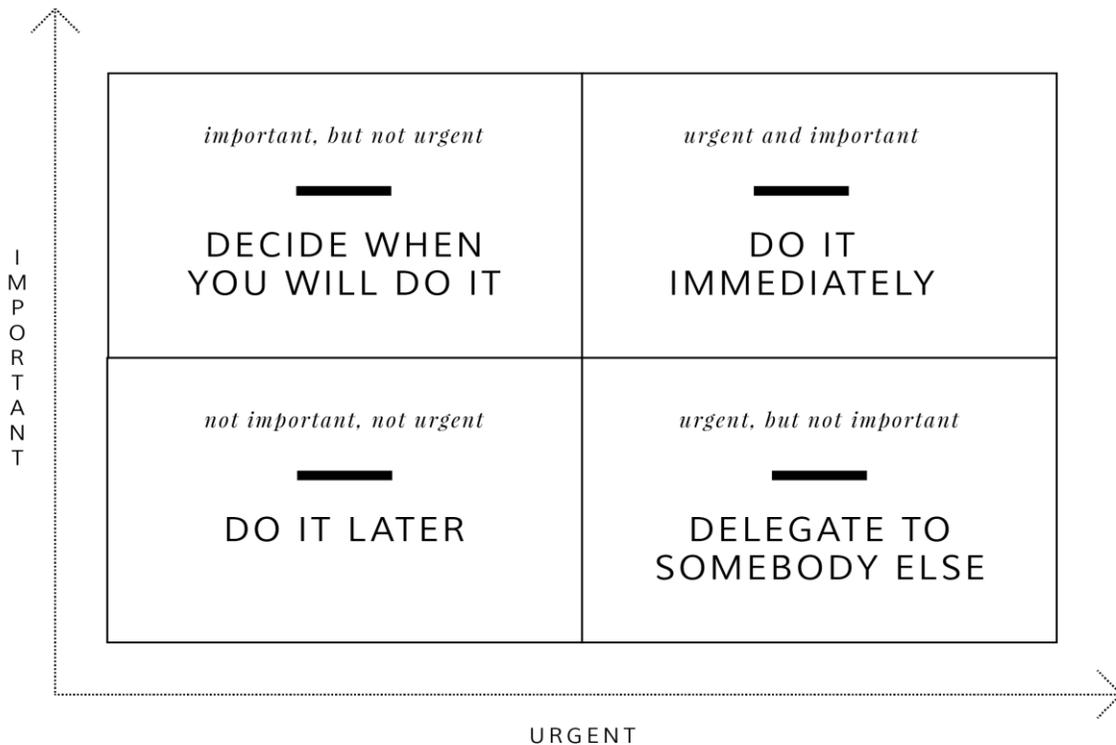
Mental Energy

Mental _____ Requires:

- Being fully Present moment to moment
- Having Laser-focus
- Practicing Skillful storytelling
- Having Full awareness

Eisenhower Matrix

- If you don't take time to develop your mission, you will be working on every task that is put in front of you. Your focus is short term and you'll find yourself constantly reacting to things.
- Spend your energy on things that are _____





Reduce Multitasking to become fully present and more focused.

Multitasking leads to:

- Less productivity
- Less time efficiency
- More errors
- Increased stress
- Less creativity

Ways to reduce Multitasking

- Know your ultimate _____
- Determine what is important
- Use _____ tasking
- O _____ H _____ I _____ O _____
- Learn to say “no”

Storytelling

- Our stories drive our energy
- The stories you tell become your _____
- The story is more important than what actually happens
- Wrong stories disengage us and derails us from our mission
- Right stories support success and deepen engagement
- The _____ voice is more powerful than the _____ voice

Practice writing your story. Plan to rewrite your story at least once per week.

Mental Energy Ritual:
