

## E is for Energy

Energy sources/fuel	Neutral	Energy drains/suck

*“Energy, not time, is the fundamental currency of high performance.”*

Jim Loehr and Tony Schwartz<sup>3</sup>

Using your energy for fuel and tapping into your deep spiritual energy source can change your life. Managing your time becomes an energy drain. Prioritising and ascribing value to the who, what, where, when and how becomes second nature and you can write and execute your own code and live on your own terms.

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<sup>3</sup> *The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal*, Jim Loehr and Tony Schwartz, pg 4