

Your Goals...

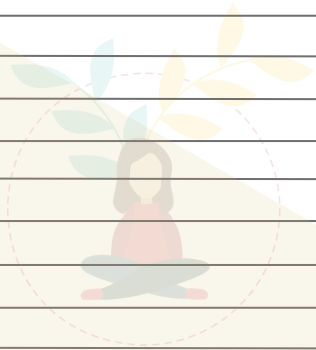
The Four Energies

Take a moment to write down your goals based on The Four Energies. The concept is simple. Every thought, every emotion, and every feeling we have provides energy; energy that boosts or drains us.

Whilst we all have the same number of hours in any one day, we have infinite access to both the quality and quantity of our energy. And we draw that energy from four sources - Intellectual, Spiritual, Emotional & Physical Energy.

Try to pick three key goals for each section.

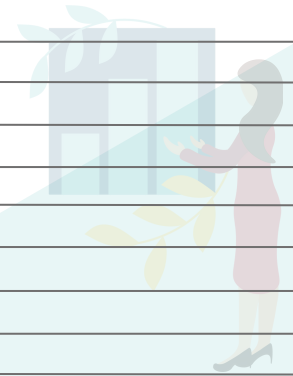
Spiritual



Emotional



Intellectual



Physical



Today's Agenda

6AM

1PM

6:30

1:30

7

2

7:30

2:30

8

3

8:30

3:30

9

4

9:30

4:30

10

5

10:30

5:30

11

6

11:30

6:30

12

7

12:30

7:30

Notes...

Quote of the Week

"Leadership is the capacity to translate vision into reality" - Warren Bennis

Top Three Priorities

1.

2.

3.



Daily Energy Tracker

It's important to focus on the Four Energies in order for you to reach your overall vision.

Give yourself a score of 1 to 10 on Physical, Intellectual, Emotional and Spiritual Energy. 1 is low and 10 is high.

