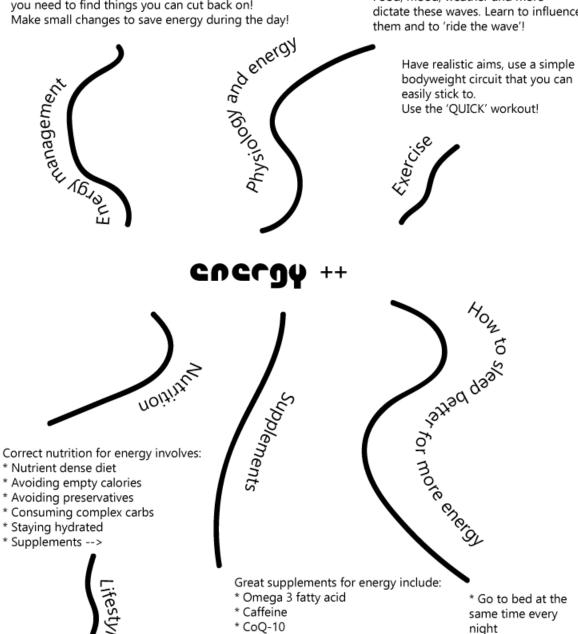
Energy management is just as important as time management If you don't have energy, you won't complete your goals In order to do more and spend more time with family, you need to find things you can cut back on! Make small changes to save energy during the day!

Your energy goes through waves

- \* Anabolic/catabolic
- \* Circadian rhtyhm

Food, mood, weather and more dictate these waves. Learn to influence them and to 'ride the wave'!



\* B-vitamins

\* Vinpocetine

\* Creatine

Avoid stress Quit your job if necessary! Get sunlight and fresh air Be in a rich environment Power nap

Do things you care about - they will wake you up!

- same time every
- \* Have the room slightly cool
- \* Have a 'slow down' period before bed
- \* Take a warm bath