Recharge your bio-battery with the best energy management strategies to keep running morning, noon and night!

1️⃣ Work hard, rest hard. Repeat. Don’t try to run a marathon.

2️⃣ Four energy sources are physical lifestyle, mental stimulation, emotional connection and spiritual purpose.

3️⃣ Breathing, water, sleep, food and exercise give life force.

4️⃣ Frequent pit stops prevent burnout and breakdowns from running on empty.

5️⃣ Job performance and productivity drops after 50 minutes.

For your 21-Day Challenge, write the number of each strategy you were able to perform on the given day.