

Stop Blaming Your Willpower. Start Managing Your Energy.

A companion guide for reflection and team discussion. Get unstuck in life and business by elevating your thinking from the inside out.

THE KEY IDEA

Willpower is not a character issue. It is a timing issue. Willpower works like the battery on your phone. It drains as the day goes on, especially after hard decisions, but it is renewable. When you learn to manage your energy, you stop fighting yourself and start planning around your natural rhythm.

1. When are you at your best? What time of day do you feel the most focused, alert, and energized?

2. When do you feel the most drained? What time of day does your energy typically start to slip?

3. What is one high stakes task or decision you could move into your peak energy window this week?

4. Where have you been beating yourself up over a timing issue rather than a character issue?

5. What is one decision you could make in advance, so you are not relying on willpower alone when your energy is low?
