



remove the energy dam

You know that task that hangs over your head like a black cloud? You put it off every day hoping it will go away. But it then becomes even more daunting?

Yup, that's the one—the energy dam.

We call it that because these tasks dam up your precious energy, often without your even knowing it.



Don't let what you cannot do interfere with what you can do.

John Robert Wooden

try this

Find today's energy dam. When you finally take care of it, you'll feel lighter and more energized, like a weight has been lifted from your shoulders.

Do it!

Do it now!

Just get started.

It may not be as painful as you think. And the reward will outweigh the pain of having it hanging over your head.