



## remove the energy dam

You know, that task that goes undone but invisibly drains your energy...and the longer it goes undone, the more daunting it becomes.

It blocks your energy for completing other important tasks.



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! If anything, 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.