

Sharpening the Ax

"Give me six hours to chop down a tree,
and I will spend the first 4 hours sharpening the ax." - Abraham Lincoln

This series is designed to help you maximize your efficiency and productivity by honing your skills in key areas of life. Our six areas of focus will include:

1. **Health:** Learn how to optimize your physical and mental well-being, including strategies for maintaining a healthy lifestyle and managing stress effectively.
2. **Relationships:** Enhance your interpersonal skills, build stronger connections, and nurture meaningful relationships in both personal and professional spheres.
3. **Finances:** Gain a personal understanding of financial management, including understanding the poverty mindset and exchanging it for a secure financial future.
4. **Communication:** Improve your communication skills, from active listening to persuasive speaking, to communicate more effectively in various contexts.
5. **Time Management:** Discover techniques to master your time, set priorities, and streamline your daily tasks, ensuring you achieve your goals efficiently.
6. **Life Skills:** Develop a well-rounded set of life skills that encompass problem-solving, decision-making, and adaptability, enabling you to thrive in any situation.

ENERGY TAKERS ENERGY GIVERS



Focusing on the past
Inconsistent sleep
Mess and clutter
Sedentary time
Social media
Overworking
Dehydration
Screen time
Resentment
Negativity
Junk food
The news
Alcohol
Stress
Fear



Music
Nature
Resting
Sunlight
Positivity
Gratitude
Hydration
Meditation
Movement
Breathwork
Community
Decluttering
Consistent sleep
Eating whole foods
Learning something new

Health

Relationships

Finances

Communication

**Time
Management**

Life Skills