

ENERGY MANAGEMENT

OVER MOMENTS+HOURS+DAYS+WEEKS+YEARS

GET CLARITY ON WHAT YOU NEED TO BUILD
AND HOLD AN OPTIMAL ENERGY LEVEL

1 HOW TO CREATE IT...
WHAT BEHAVIORS GIVE YOU THE MOST ENERGY?



2 HOW TO
USE IT
WISELY...



CIRCADIAN
(DAY)



ULTRADIAN
(90 MIN)



MICRADIAN
(1000 s)



MACRODIAN
(WEEK/MONTH)



WHAT DO YOU DO WHEN
AT YOUR BEST?