

MANAGING ENERGY

not not TIME

Time is a finite resource; as a society we were raised to make the most of our time by filling it up with as many things as possible. But actually, it's the other way around! Time and space for recovery are key factors for our growth and are needed in order to renew our energy and rest our bodies. It's important to take time to reflect, process, daydream, imagine and innovate. Reflection help us remember, and when we zoom out, we can see the big picture, connect the dots, and see patterns.

The GOOD NEWS: We can't make more time, but we can manage our Energy levels with recovery.



Let's
**TAKE
FIVE** 5