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The Batteries of Life

Imagine each aspect of you — the life force, body, thoughts, emotions — has a battery. Knowing when they are charged, recharged, and discharged is the key in using them effectively.

A thread ■

1/ Which battery is low?

Are you hungry? Overworked? Stressed? Uncomfortable?

When there's a lull, assess what causes it. More than one battery can be low at the same time.

2/ Why is the battery low?

Were you already tired or is what you're doing now tiring you out?

Identify whether the battery was already low before the lull or if the current situation is discharging it quickly.

3/ What can recharge the battery?

Do you need coffee? Walk? People? Silence?

Having identified which battery is low and why, look for opportunities to recharge it. Also, avoid situations that discharge it quickly.

4/ Is the battery used meaningfully?

Are you tired because you exercised or because you stayed up late binge watching?

Use your battery to do what enhances your well-being. Otherwise, the battery's health will be compromised over time.

Knowing what you need and what you must avoid, and putting that knowledge to good use is the way to unlock your full potential.

It’s one of the noblest purposes of your life.