
Getting rid of my “energy bar”

Stand up and get to work!

If you're like me, you have come to realize the existence of the hidden storage bar of our internal energy. By energy, I mean energy to work. And if you're also, specifically, like me. You tend to “calculate” the amount of energy to spend when doing a task to determine its importance.

But what if I told that's all BS? No, really, I'm mad at myself for being a victim of it.

Disclaimer: this article does not undervalue resting (power naps are just the best) but when they *abuse* resting because of their perceived tiredness.

Perceived tiredness

tPetty excuse

The brain is powerful

Do what comes; rest

Struggle time management, i struggled with energy management.

Ultracircadian Rhythm research

Relate game like Zelda BOWT

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