

# Manage Your Energy, Not Your Time

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## Sintesis

**The core problem with working longer hours is that time is a finite resource. Energy is a different story.**

It is important to renew the energy constantly, regardless of the time we're busy, giving up drinking, setting up an early bedtime could help this objective.

The article emphasises that managing our energy is more important than time.

To manage physical energy, the authors suggest that individuals should take breaks throughout the day, exercise regularly, and get enough sleep.

To manage emotional energy, they recommend focusing on positive emotions and building strong connections with others.

To manage mental energy, they suggest prioritizing tasks and avoiding multitasking.

Finally, to manage spiritual energy, they advise individuals to identify their values and connect with a higher entity.

## Comentario

This absolutely offers a new insight on the resources I should look for. I consider it's true that most people focus more on their time than energy.