**HOMEWORK 5**

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**One Page: Leading is Management of Energy. How will you increase your energy levels, your creativity, and your capacity to remain competitive personally? This is your sustainable competitive advantage. Remember to add three to five action ideas from the handout on laws covered on this day.**

To increase the levels of energy, everybody has to get the mind out of normal activities.

In my specific way, I like to go to the gym, there, my mind but especially my body renews the energy, therefore, I go to the gym in the first hour every day, at 6 am. during and after training, I forget all my problems and things which stress me. I train from 6 am to 7:15 am, I take a shower and I am ready to go to Transcendental Meditation at 8 am every day.

So, for me, training and practicing meditation help me to reduce stress, renew the energy, and prepare to face the day.

When someone has peace inside and in the mind, you can apply the law 6 "Leaders provide direction and operate outside the boundaries of organizationally defined procedures", when you are calm down, you can think in the correct way to lead the team, to manage the resources like time and money.

Law 7 "Leadership involves risk and uncertainty" means that leadership could not be always correct, but, to be in peace helps to minimize this problem.