

Presentation Notes



Step 3: Maximize Your Energy

Previous Week's Homework

Discoveries

Breakthroughs

Struggles

Why we need plenty of energy to find and live our calling

Draining relationships

Draining circumstances

What can we do when stressful circumstances are beyond our control?

Tools for Energy Reclamation: Healthy Boundaries

Tools for Energy Reclamation: The Burrito Principle

Don't Jump to Solutions: How to apply the Burrito Principle

Tools for Energy Reclamation: Tweaking the environment

What we learned from the Chocolate Chip Cookie study:

Tweaking Our Environment to Reduce Dependence on Willpower

Tips to make it easier to do things we don't want to do

Tips to make it easier to keep ourselves from doing things We want to do

Tips to make It easier to remember things

Mindsets

Openness

Win-Win or No Deal
