

LEAD WELL

BOOK REVIEW

Power of Full Engagement

Loehr Schwartz

KEY PRINCIPLE

Energy - not time - is our most precious resource. Be sure to invest energy wisely.

APPLICATION

Scwartz has many engaging stories and practical insights into investing your energy well. Enjoy a few highlights below.

Every thought, emotion, and behavior has an energy consequence for better or worse. Performance, health, and happiness are grounded in the skillful management of energy.

The consequence of living a life at warp speed is that we rarely take the time to reflect on what we value most deeply or keep those priorities front and center. Most of us spend more time reacting to immediate crises and responding to the expectations of others than we do making considered choices guided by a clear sense of what matters most.

Without times of recovery our lives become a:

blur of doing vs. opportunity for being

Related to the pace of life ask yourself:

Is the life I am living worth what I am giving up to have it?

Kathy Crockett

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