

ENHANCE YOUR ENERGY



UNDERSTAND FATIGUE



Mental Fatigue



Physical Fatigue

IMPROVE YOUR EATING HABITS



Consume Energy Foods



Drink Plenty of Water

GET ENOUGH SLEEP AND EXERCISE



Exercise Daily



Get Enough
Restorative Sleep

ORGANIZE YOUR LIFE



Create Schedules
and Tasks



Avoid Procrastination

AVOID STRESS



Be Clear About
Your Goals



Don't Be Too
Hard On Yourself