THE ENERGY PROJECT

Tony Schwarz is the founder of the Energy Project, a science-based approach that operates at the intersection of well-being and high performance. He has trained thousands of people in the world's largest Fortune500 companies.

The suggestions are in order from the most basic and fundamental, to the highest level.

1. **Get sufficient sleep every night.** Sleep is often the single most undervalued behavior in our lives and the one with the most immediate power to improve our experience in every waking moment. If you sleep in the 6-6½ hour range, like the average American, just one more hour of sleep a night will leave you feeling more physically energized, emotionally resilient, and mentally clear.

2. **Move more.** It's not only good for your heart's health, but also for your mental health. Do some form of exercise that significantly raises your heart rate for 30 minutes at least four times a week and move frequently during the day.

3. **Eat less, more often.** Food is fuel. Lean proteins and complex carbohydrates are high-octane fuel. You're best off when you keep feeding your internal furnace in small doses throughout the day, beginning with breakfast.

4. **Renew more.** Human beings aren't designed to work continuously. We're meant instead to move between spending and renewing energy. Ideally, take a break every 90 minutes, even if only to spend a minute or two breathing deeply.

5. **Invest in those you love.** The greatest gift you can give is your absorbed attention. Better to be fully present with someone for an hour than physically present, but distracted, for multiple hours.

6. **Give thanks.** We're far quicker to notice what's wrong in our lives than we are what's right. At least once a week, hand write and mail a note of appreciation to someone who deserves it, telling the person precisely what you're grateful for.

7. **Do the most important thing first.** Early in the morning, you're likely to have the most energy, and the fewest distractions. Start your workday by focusing without interruption, for 60 to 90 minutes, on the most important and/or challenging task you can accomplish that day.

8. **Practice reflection.** We're so preoccupied with the urgent that we rarely take time to think about what it is we're doing. Set aside 15 to 30 minutes at the end of each work day (or in the evening) to reflect quietly and without interruption on what you learned that day, and what your highest priorities are for the following day.

9. **Keep learning.** Our brains work better if we challenge them, and life becomes more interesting when we do. Reading books is a simple and surefire way to learn and grow, but so is building a daily practice around learning a new language, a sport, a musical instrument, or around how to write code, fix a car, or draw.

10. **Give back.** Take at least one hour a week to put your own needs aside and devote that time instead to adding value to the world at large. One hour a week is very little time, but it's a start — and it's also more than most of us regularly give.

11. **Keep a running list of everything** — literally everything — that you want or need to do. The more fully and frequently you download what's on your mind, the less energy you'll squander in fruitless thinking about undone tasks, and the more energy you'll have to be fully present in whatever you're doing.

To learn more about the Energy project:

https://theenergyproject.com/

YouTube Tony Schwarz Lecture at Google University