

Note: These slides are protected by  
copyright – The Energy Project 2020  
For Frost Sullivan member use only –  
no reproduction or distribution

Contact Info: [andrew@theenergyproject.com](mailto:andrew@theenergyproject.com)

# en·er·gy

---

The capacity to do work.  
More Energy = More Capacity



What is the greatest impact to your  
energy today?

Energy can be  
expanded, renewed and  
used  
more ~~efficiently~~.

# The Four Dimensions of Energy





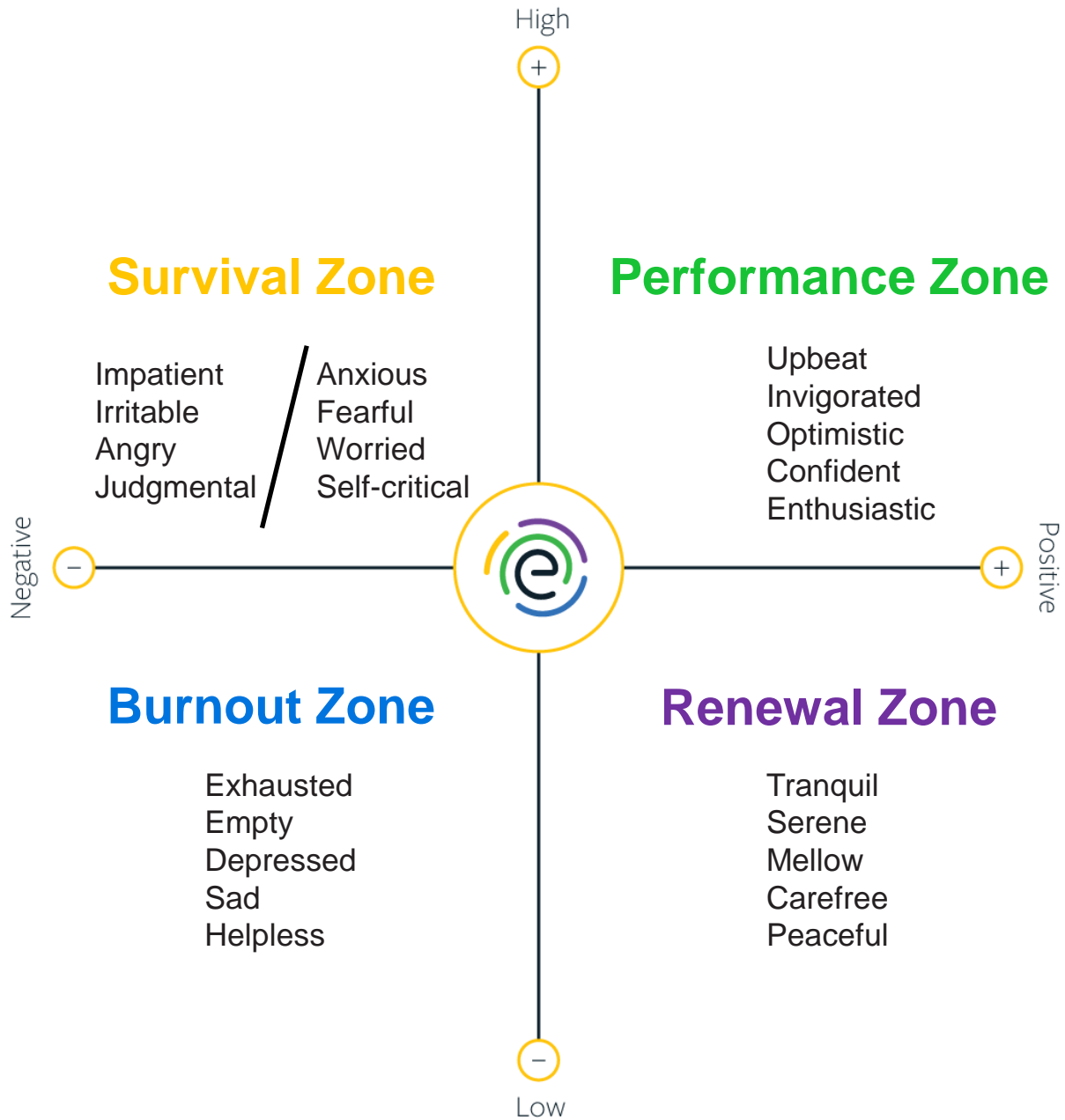
We can't change what we  
don't notice.



The



Quadrants





# The Big Idea

---

We experience four different energy states but only one, high positive, is optimal for performance.

# The Big Idea

---

To perform at our best,  
we must balance energy expenditure  
with intermittent energy renewal.

# Human Beings are not designed to operate like computers

at high speeds, continuously,  
for long periods of time, running  
multiple programs at the same  
time.

# The Big Idea

---

The more intense the performance demand,  
the  
greater the need to intermittently renew  
ourselves.

# fit·ness

---

**fit·ness** ('fitnis)  
*n.* the speed of recovery





A photograph showing several hands from different people giving thumbs up. The hands are positioned at various heights and angles, creating a sense of collective approval or agreement. The background is a clear, bright blue sky. A white rectangular box is overlaid on the left side of the image, containing the text "What's right?".

**What's right?**