



SUCCESS IS THE RESULT OF WELL-DIRECTED ENERGY

The first rule of success, and one that supersedes all others, is to have well-directed energy. Nothing will add more power to your life than concentrating all your energies on a limited set of goals.

Focus your energy on important matters instead of frittering it away on meaningless things. It's important to know how to concentrate your energy for maximum impact.

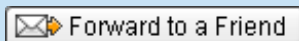
Where focus goes, energy flows. And if you don't take the time to focus on what matters, then you're living a life of someone else's design.

-- Tony Robbins

How will you apply this to your life?

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