The little, daily practices are what prepare you to be brilliant when it most counts.

**LIST A FEW VALUABLE ACTIVITIES THAT ARE RARELY URGENT.**
Consider the activities that really make a difference in life and work, but could always be deferred.

**WHAT DAILY RELATIONAL PRACTICES SHOULD YOU INCORPORATE?**
Are there people you should connect with daily in order to keep the relationship strong?

**HOW WILL YOU FEED YOUR MIND EACH DAY?**
Identify some resources (books, film, etc.) that you will experience in some way to sharpen your mind.

**HOW WILL YOU FUEL THE FLAMES?**
Consider how you might engage in spiritual practice (meditation, prayer, etc.) to help you stay focused.

**HOW WILL YOU KEEP YOUR BODY STRONG?**
Identify a few ways you will keep your physical body in good shape so you have energy for your work.

From *Louder Than Words* by Todd Henry