When Am I At My Best: Recipe for Full Optimization

#1 Enough quality sleep

#2 Sunshine and fresh air

#3 Body feels well exercised, well nourished and filled with good foods. Plentiful movement, exertion, calories burned, brain left to ponder while working out. Body feels lean and efficient.

#4 Control: Caseload, extra-curricular, home/pet-life/possession/maintenance duties are manageable. The to-do list may be long but it is do-able. Occasionally, I can (and do) get fully “caught up.” A sense of being overwhelmed happens only rarely. I control my calendar. I control my energy output; it is not taken from me.

#5 Fun, downtime, time with family and friends without agenda, social connections, and meaningful conversations—even with strangers i.e., in the store or bank—person to person connections.

#6 Money reserves, low overhead/low recurring burdens, low spending overall—a financial plan or road map so I know what I’m working toward.

#7 Purpose: I feel like what I am doing matters. I am working toward a big goal—legacy—leaving my mark. I don’t feel my activity or “busy-ness” is futile or that my days are wasted. I feel like my unique talents are being utilized in what I do!