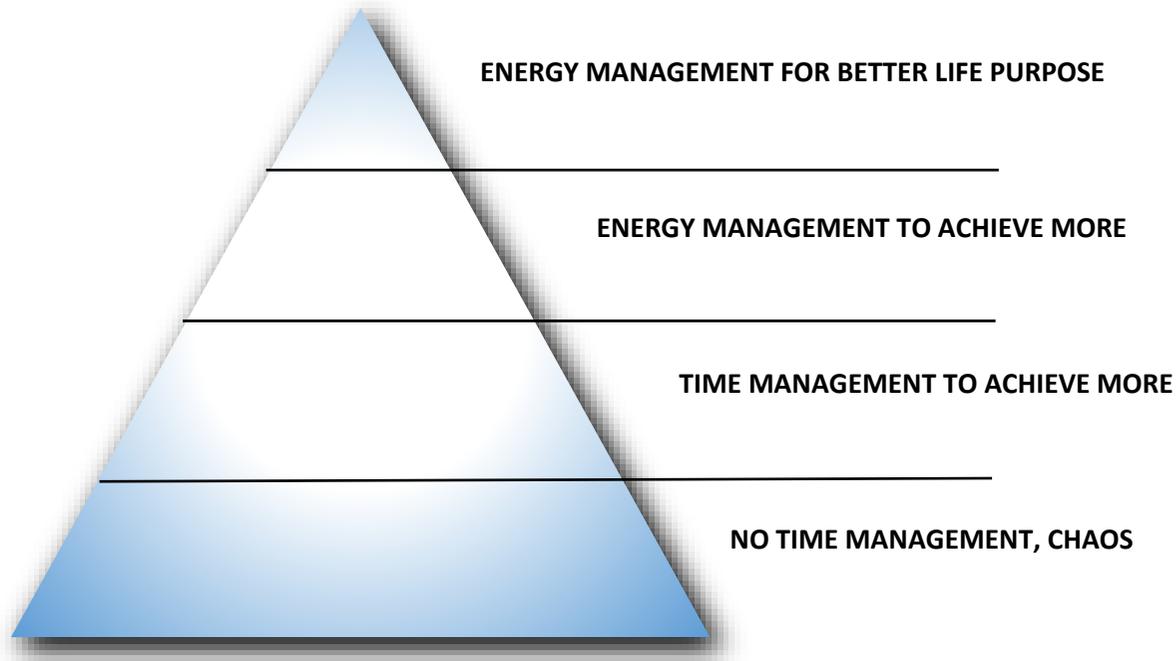


TIME MANAGEMENT OR ENERGY MANAGEMENT



Society has driven a larger portion of the population to use time management, everybody has filled up their agenda with very regimented activities to achieve, the more activities seeming the better up to levels of unmanageable stress in an overachieving system running blindly. It was for instance blind at what current lockdown situation could produce : **stress of not achieving instead of stress of more achievement**. For better balance purpose, some may have introduced an energy management lately, but quite useless in the present situation too. Energy management purpose is to **give all of us a better tool to make better life choices to create better life purpose**