

# Energy Is Key

This past week, I set off to one of my favorite places on the planet for some recharging. I spent a week on a sailboat in the British Virgin Islands with friends and had a wonderful time! One of the islands, [Jost Van Dyke](#), is known as a top ten destination for New Year's Eve celebrations. What an extra special experience to sail to different islands and experience different beaches and breathtaking views!

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## Energizing for the New Year!

As this year ends like all the ones before it, we strive to go into the New Year with a fresh outlook and usually one or more resolutions to improve our lives. I often ask others around me about their resolutions and usually find that at least one always has to do with improving health. For an entrepreneur whose world is filled with constant changes, ups, and downs, health and energy are key to pushing forward.

We often hear about how much time we need and how there are never enough hours in a day and so on. We cannot add time. We all have the same number of hours in a day. The level of effort and energy we put into that time can be changed. Much is being written about our need to manage our energy and approach our day and schedule with an energy focus instead of a time focus.