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## Prepare yourself – for your own future

Imagine yourself 10 - 20 years in the future

That version of you is inheriting the consequences of your current habits.

Are these habits good or bad for your future self?

Not only is it irresponsible to expect your future self to deal with this, it's also unhealthy (if your habit is a health-related one). The right action will be the right action, so by delaying you are only delaying the benefits that this 'right action' will bring you.

Also, life goes up and down, and the only responsible action is to use the good times to build strong habits - invest in yourself, build a strong self with strong habits for when, one day, a storm blows your life over (say corona, firing from work, death of a loved one).

These events will occur during your life, so build habits that strengthen you and ready you to handle this.

In the words of Epictetus:



*“What ought one to say then as each hardship comes?  
I was practicing for this, I was training for this.”*



Make each day your masterpiece, use your energy: Train, read, learn, grow. Go to bed every day know that you have given that bit extra, as deliberate action on your part - as a habit!

Start today for our digital assistant which provides you a daily SMS to keep working on your habit. (only Danish mobile numbers)

Send: Energy + first name

To: 1245

Example: Energy Peter

Stick with it