



ENERGIZING
THE BUSINESS ATHLETE™

PERPETUAL CALENDAR

BUSINESS ATHLETE PRINCIPLES

*A never ending supply
of daily inspiration*



JANUARY 5

“Conviction is worthless unless it is
converted into conduct.”

- Thomas Carlyle



APRIL 17

Fitness doesn't guarantee health. No matter how fit you are, if you have adrenal dysfunction, a suppressed immune system, and a stressed liver (as is the case for many modern-day Business Warriors) then your capacity and functionality—your health—will be compromised.



JUNE 10

“Everything you ever wanted is on the
other side of fear.”

- George Addair



AUGUST 20

“Happiness is not a matter of intensity,
but of balance, order, rhythm, and harmony.”

- Thomas Merton



DECEMBER 26

“Don’t confuse the two; your health and your work. The second is only part of the first.”

- Anna Quindlen

