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Life Planning Calls for Energy Planning

As never before, thoughtful people recognize the need of planning their lives. But how few fully understand that this involves, as perhaps the first discipline, the skillful organizing of one's energies! Life is one long stream of activities, of work done, of energies transformed; whether it is anything more than such a flux may well be argued; but that it is at least this much cannot be doubted. A plan of life is therefore a plan of work. A plan of work is a plan of tapping energies, a plan of transferring energies from one place to another, and a plan of changing energies from one form to another for the sake of certain desired results.

What you would like to do for the rest of your life plainly depends, above all, on what energies you have in reserve, what you can add to these, and how well you can divert the fund to the ends you elect. A wish that lacks its enabling power is a pious wish and nothing more. An ambition deprived of drive is an idle dream.

The strain of adapting to today's chaotic environment imposes a special requirement on the ordinary man. Whether he plans his life

well or ill, the mere confusion of adjustment predisposes him to fatigue. And of all obstacles to the efficient use of energies by healthy people, fatigue is the greatest. If accompanied by ill health, it is devastating.