

Link Time & Energy Management

Managemen energi 1 | Paradigma managemen waktu

<https://youtu.be/S1KYCwisyAQ>

Managemen energy 2 | Matrix Eisenhower

<https://youtu.be/hIAsR5MlvVY>

Managemen energy 3 | Fokus

<https://youtu.be/K6BLAt90alo>

Managemen energy 4 | To Do List

[https://youtu.be/zfY5\\_583r9M](https://youtu.be/zfY5_583r9M)

Managemen energy 5 | Ritual

[https://youtu.be/79gk\\_NxyurU](https://youtu.be/79gk_NxyurU)

Managemen energy 6 | 3 Tipe Tasking

<https://youtu.be/TNVEzPXFqBU>

Managemen energy 7 | PLAY

<https://youtu.be/164ItiIMTng>

Managemen energy 8 | PAUSE

[https://youtu.be/FzYjv7J\\_04s](https://youtu.be/FzYjv7J_04s)