## Page of Contents

## First Book

<b>A for Ashes.</b> Prepare the Path to Your Goals	15
<b>B for Basket.</b> Learn from Mistakes	22
<b>C for Chametz.</b> Free Yourself from Dependencies	30
<b>D for Dover Sole.</b> Advance, Protected by Your Values	35
<b>E for Energy.</b> Consistency Over Intensity	40
<b>F for Fifth.</b> Go the Extra Mile	46
<b>G for Grains.</b> Take Baby Steps	51
<b>H for Handrail.</b> Build Your Safety Net	58
<b>I for Itinerary.</b> Stay on Track	61
<b>J for Jerusalem.</b> Embrace Lived Experience	66
<b>K for kosher.</b> Align Action with Strategy	72
<b>L for Leviim.</b> Delegate to Elevate	78
<b>M for Music.</b> Balance Disruption and Focus	84
N for Neder. Keep Your Smallest Commitments	90
<b>O for Oil.</b> Oil the Machine	95
P for Priority. Make Every Second Count	101