

**Quotes in Order – A Linguistic Challenge**

From *The Teambuilders Toolbox*, by Jim Cain (2023)

Quote from *Stillness is Key*, by Ryan Holiday

*The less energy we waste regretting  
the past or worrying about the future,  
the more energy we will have for  
what's in front of us.*

Stillness is Key, Ryan Holiday

THE  
LESS

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**ENERGY**

**We**

**Waste**

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REGRETTING

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PAST

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**ENERGY**

**WE  
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FOR  
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**OF US**

***STILLNESS  
IS KEY***

**RYAN HOLIDAY**