

# Give Your Mind a Lunch Break

Ideas are macronutrients for the mind.

A steady diet of substantial concepts is necessary for supplying your body of work with the fuel that makes it grow and go.

If working, hustling, and creating is how you exercise, then reflecting, meditating, and reading is how you need to eat.

Starve your input, stunt your output.

What new perspectives are you taking in today? What new questions are you wrestling with? When was the last time you actively pursued food for thought?

If you truly want to make a mark, I suggest you never miss a meal.