

# E5 Leader



## HOW DID THE E5 PILLARS ORIGINATE

- The five pillars - spiritual, emotional, mental, physical and financial - came from five different sources.
- There were five different pillars, each with a balance point.
- When combined, each pillar could throw another off balance if not integrated properly.
  - Though there are individual balance points on individual pillars, they're all tied together.
  - Recognizing the need for balance among all the pillars was necessary.
- The way to achieve balance is to be in equilibrium. The only way to gain equilibrium is the sum total of all the balances in life.
- Initially, the pillar most needed revealed itself in opportunities with mentors.
- Others pillars followed until the last. It came last because it was ignored.
  - With other pillars in balance, focus can be given to the area of previous challenge or distance.