# KEFI vs IFEK List

List the things that help you Find Your Kefi vs those that drain it.
Do more of the Kefi list and less of the IFEK list.

| Find Your Kefi | Drain Your Kefi |
| --- | --- |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |