



# Agile Results:

## A Personal Results System for Work and Life

By JD Meier

**D**on't work harder. Live smarter.

"Agile Results" is a simple and flexible system for meaningful results. It helps you rise above the noise and respond with skill in our ever-changing world. Agile Results supports you and helps you blend your time, energy and skills for your best results.

To put it another way, Agile Results helps you "make the most of what you've got."