

10 Point Plan

Point 10: Reward, Rest and Recharge



To live in the greatest moments, we all need to rest and recharge, have some quiet, some still or slow time, and the reward ourselves for our efforts and achievements. These are the times when you replenish your finite reserves of energy, motivation, willpower and enthusiasm. It will help frame your mind, body and soul for continued learning, journeying and facing more of life's adversities whilst remaining healthy and preventing illness and burnout.

10.1 REWARD – You don't have to dig into your memory banks to re-learn how to relax if you have already created a go-to-list of ways you can reward yourself. Make sure this list has many different types of rewards from the very small up to the absolutely gigantic, so depending upon the effort, success or your feelings, you can pull the right one at the right time. Ensure that you have thought them through in advance, so you have the time, money, reserves and resources to cash the right reward when you need it most. It is pointless to have a wish list of rewards that are never experienced. It will be like a catalogue that you can just dive into, that will work for you and fits into your life. Examples could include a short relaxation exercise on your phone, your favourite tea bags on hand, a quiet spot to just sit and unplug, some reading materials, listening to a podcast or music to escape briefly or going for a walk. Larger ideas that require more planning could include having a hobby, taking a long bath or shower with some special soaps, spending time in nature, reading a whole book in one session, or doing some regular physical exercise that you enjoy and relieves stress.

10.2 REST – This can look different from everyone. For some, rest will mean downing tools and putting their energies into different things; whether this is a hobby, reading, writing, exercise, spending time with friends or family or watching films. All types of activities are valid, because rest is a very personal thing, which allow us to make time for ourselves and lower our stress levels. Unsurprisingly, sleep is a very important part of resting especially when a consistent sleep pattern and habit is established. You must take effective vacations, because sometimes you will need to totally relax, and it may take a few days for this to occur. It allows you to then go back far more productive and efficient. Never underestimate the power of rest, as it can make or break your ability to live a successful, impactful and

productive life, and affect how long you ultimately live and the quality of your life and those around you.

10.3 RECHARGE – In a time when the boundaries between work and home life have become very blurred or disappeared, it is imperative you take time off to recharge, revive and get your routine out of a rut. Our culture is so focused on productivity and getting ahead, that we have forgotten how to plan to relax or develop a go-to-list of activities to recharge, whether this is idle time or self-indulgent time. The damage done by our pervasive all-work and no-play way of life is taking its' toll through failing bodies, failing minds, failing marriages and crashing careers, so make sure you are very clear why you need to make time for rest and never feel guilty about it.

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