

Module 3 | SESSION 16
Recharge and Time Away

Wealth is more about discretionary time than money.~ Alan Weiss

Two Key Disciplines For Leaders To Follow To Maintain Energy Are...

1. Rest
2. _____.

3 Things That Make Time Away So Incredibly Profitable

1. _____ from the normal routine
2. _____. Time away is more energizing when it is spent with people we care about.
3. _____.

Your life and work will be there when you get back. Spending purposeful time away will make your life better and will make you better at life.

Fast Action Steps

1. Set a time right now when you will review your calendar to decide when you will get away.
2. Make a list of the people and the places that awaken the “magic” in you. Use this list to plan your next trip away to recharge.