

Module 3 | SESSION 23

Recharge and Rest

One day spent with someone you love can change everything. ~ Mitch Albom.

We've been looking at the importance of applied learning and key reasons leaders struggle to **Apply Learning**:

1. **Investing in Others** - You already spend so much time investing in others, setting aside time to invest in yourself is difficult.
2. **Busyness & Distraction.** You have very little margin so you live and work every day distracted and overwhelmed with busyness. In the last session, we looked at the primary reasons leaders struggle with busyness and distraction.

The third reason leaders struggle to Apply Learning is...

3. **They don't take time to fully** _____.

The secret to higher levels of productivity is less about managing _____ and more about managing _____.

Two key disciplines for leaders to follow to maintain energy are...

1. _____.
2. _____.

The most important discipline for maintaining your energy is **Rest**.

3 Disciplines That Make A Significant Difference In Your Energy...

1. Get Sufficient _____.
2. Take Regular _____.
3. Take Regular _____.

3 Ways Regular Naps Help Maintain Energy and Focus...

1. Restores _____.
2. Increases _____.
3. Prevents _____.

Fast Action Steps

1. Schedule regular breaks throughout your workday this week. Apply this discipline this week. You may find it beneficial to set reminders (alarms) on your phone to help form this habit.
2. Try the discipline of taking a nap this week by setting a time and place to take a nap. Then, note how it made a difference in your energy and how it impacted your productivity and results.