

#IndieFreedomSeekers

Rest is Good

Work, work, work, work, work!

Our society really does reward work - people who put in long hours at the office, entrepreneurs doing 80 hour weeks, people getting by on 6 hours sleep a night.

Rest is really important.

And I know, burnout is not fun, being poorly on holiday is not fun and having cancer is not fun.

So in this worksheet I want to invite you to make sure you great time to rest and relax in your work week.

If you're using the Pomodoro Technique (see time blocking workbook) make sure inbetween those 25 minutes chunks of work you get up and have a break.

Go wash the dishes, walk around the block, dance to some music, make a cup of tea and stare out of the window.

Your body and your brain will thank you for it.

In the UK we work more than most countries in Europe and we are one of the least productive. Time in front of the computer does not necessarily equal quality.

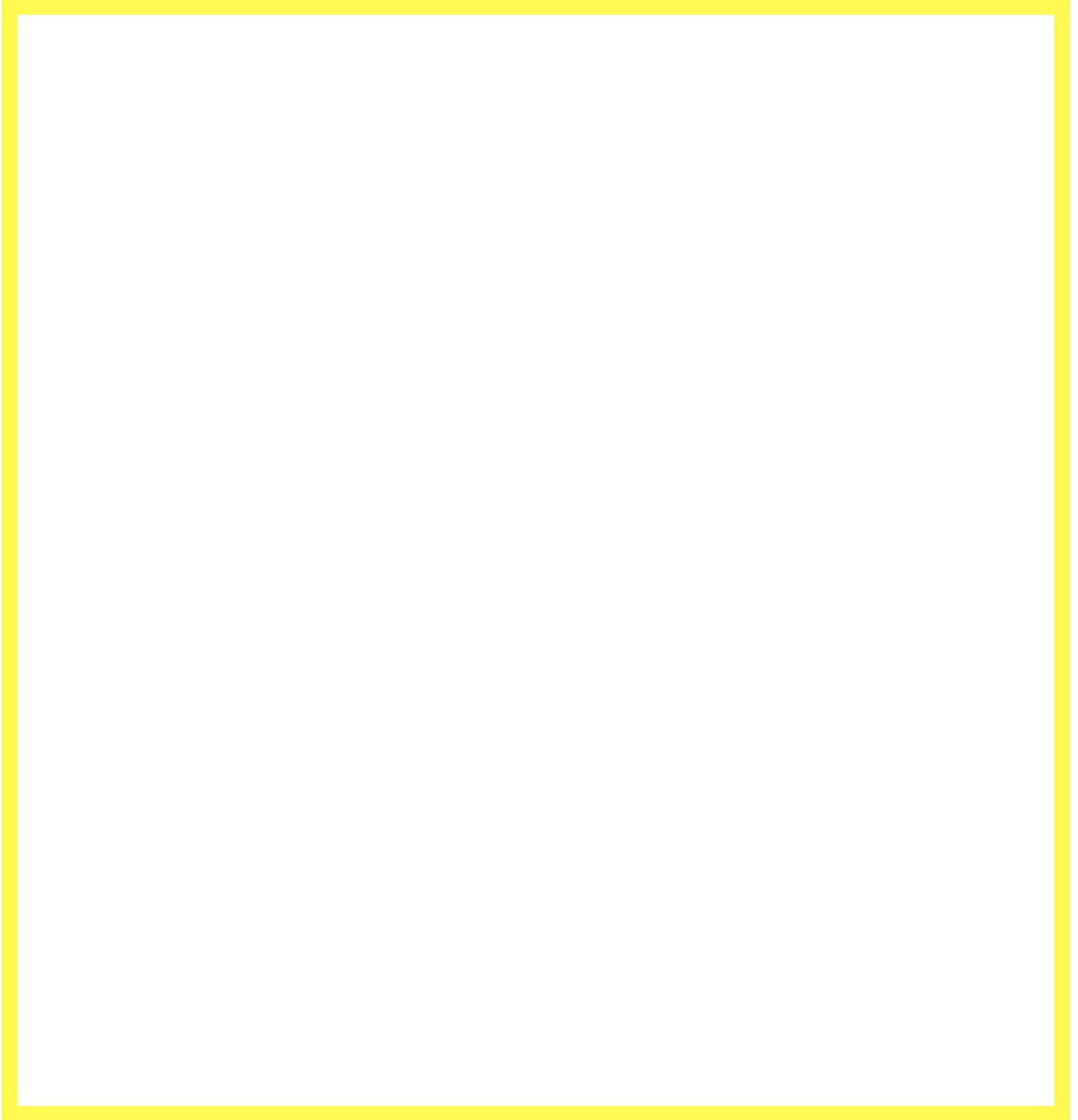
When you're mapping out your day make sure you fit in time for rest. Get a good 8 hours sleep and enjoy an activity that takes you away from what you're doing. Research tells us that some of our most creative ideas are when we are away from the task!

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What does your perfect day look like?



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What things do you like to do to switch off?



When was the last time you did these things?



If some of these things were awhile ago - can you commit and block out in your diary time to do them? Treat this time as sacred!



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You will have now completed the time management course.

I hope over these seven days that you've started to think about how you use time and have started to plan in ways that you can use your time a little better.

There is literally no more time in the day - we only have the 24 hours given to us 7 days a week. And I want you to commit to sleeping at least 8 hours in those 24 hours, and having at least 2 days to yourself to rest, dream and be creative.

Thank you for going on this journey with me!