



The Importance of Rest

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1. _____ Transformation

- Time out reduces _____
- Time out gives you a chance to _____
- Completely divesting from your work, regularly, _____ inflammation and heart disease risk
- Getting away from work boosts your _____ system
- You'll _____ better during time away from work
- Active time off adds _____ to your life

2. _____ and _____ Transformation

- Taking regular time away from work restores _____ energy
- When you take time for yourself, you're more _____
- You're more _____ when you take time off from work
- You'll _____ better at work if you take your weekly rejuvenation time
- Your day off improves _____ memory
- With regular time away from work, you might even _____ your job again

Remember, _____ you are is _____ you lead.

Ideas to help you implement rest into your life:

- Make _____ a priority
- Become aware of who and what _____ and _____ you
- Schedule _____ time every day
- Develop a _____ of life

Random thoughts to help us:

- Set a _____ to go to bed
- Strategically plan _____
- Work _____, not _____
- Invest in a _____
- Take _____ during your workday
- Publicize when you are _____ and when you are not
- Learn to _____
- Invest in your _____ life
- Reject your _____

This week, what is one thing you will do to find the right rest rhythm for you?

Will you set aside and protect the time for sleep?

Will you find time to enjoy the relationship of a friend?

Will you be intentional in setting aside time to reflect upon your day?

How will you develop a rhythm of life which gives you an opportunity for the rest and relaxation you need to be an effective leader?