



## 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?