

RECHARGE

To work hard we have to recharge.

When do you stop, literally stop, take a breath, and relax? Sure, I know, you don't have time.

Well, we all have time, we all have the same 24 hours, and we all are in control of our 24 hours. If it's important we can relax and recharge.

When tired and burnt out we are not productive or effective. To accomplish the most, and to do our best work, we have to be recharged, energetic, and have clarity of purpose and focus.

Today we are all too connected with cell phone, email on our phones, and the idea we are great if we multi-task. Is that of value? Does that serve us well? The simple answer is, no.

Sure, when working, we have to work based on the structure we have set. If we have people we are working with and we need to provide input or direction we have to be connected to do so. That's fine. But, too much of a good thing is bad.

At some point others have to decide for themselves. At some point we have to let go, recharge, and let the others learn and grow by doing without us hovering over them. If we die, they will somehow learn to continue without us. When we die the earth will still rotate and life will go on for the others.

Not only do we have time to recharge, we must recharge. Time off, be it a day, a week, a month or longer will make us more productive. In the end we will accomplish more and do better work if we are relaxed and refreshed when we work. Less is more. Less is best.

Tired, worn out, and stressed is not the way to work, create, and do your best. That is just survival. Doing three things at once is to do none of them well.

First, recharge. Second, make a list of what has to be done on the project you are facing. Write down all the steps needed, and then the order they

will be done. Finally, who will do what. You don't have to do it all yourself. Nor was Rome built in a day.

The list is the road map of what is to be done when and by whom. Make sure there is adequate time for each step. Making the plan when recharged and energized will allow you to make it with clarity. Then, you can follow the plan. It's that simple.

You will find, to your amazement, you will get more done away recharging, than if you stayed at your desk. Inspiration comes at strange times, and not usually at your desk. Taking time off to recharge will result in you doing more and accomplishing more while recharging than you would have had you stayed at your desk

Relax, recharge, and get more done. It's strange, but true. Rest and recharge to get more done.