



STRATEGIC DOWNTIME

"GREAT LEADERS UNDERSTAND REST IS NOT AN ENEMY TO PRODUCTIVITY."



Bobby Bogard

BUILDING MARGINS

REST IS AN ABSOLUTE NECESSITY TO BE AN EFFECTIVE LEADER!

- Strategic downtime allows opportunity to **refresh**.
- Powering down provides the time for renewed **creativity**.
- Leaders should rest to become more **productive**.

Think about it, the God of creation worked six days but on that seventh He **rested!** Jesus reinforced this when He was challenged by some Pharisees in **Mark 2:27**, "The Sabbath was made to meet the needs of people, not people meet the requirements of the Sabbath." **Rest** is a gift.

[HOWEVER]

 **LEADERS TEND TO REDLINE RATHER THAN BUILD HEALTHY RHYTHMS.**

- Some hold a highly stressed schedule as a badge of honor.
- Their families suffer because they never have an "off" switch.
- Work becomes their identity.

CONTINUED...

Research shows that ultimately leaders who refuse to rest perform at a much lower level than their counterparts who regularly **disengage**. Even Jesus habitually separated from the pace of life and went into the mountains to regroup (**Matthew 14:23**).



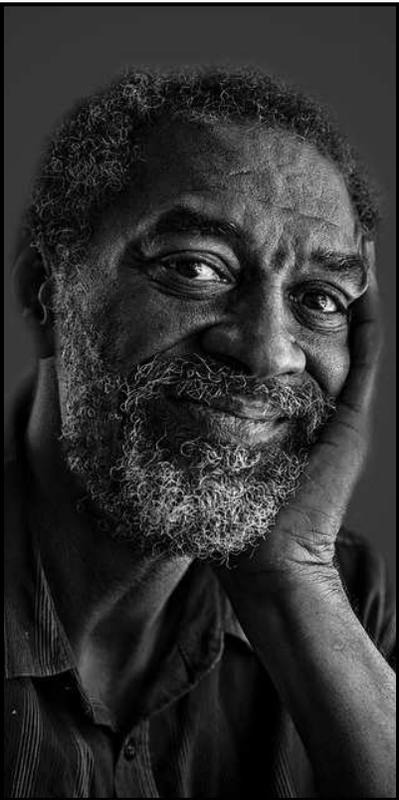
HEALTHY PACE DOES NOT HAPPEN BY ACCIDENT.

Three things should be considered when building breaks into your work routine.

1. Build in a weekly hiatus. A day when you are free to rest. This is not the same thing as a day off to get the yard mowed, errands run, or the car serviced. This is a day when you disconnect and focus on replenishing.

2. There are times when multiple days should be taken. This season may be triggered by severe emotional stress when as a leader you are susceptible to burnout. Leaders require time away to sustain their physical stamina or to protect their marital relationship.

3. Some situations require more than one day off. A wise leader will shift their negative perspective about rest and incorporate a rhythm that is right for them. There isn't a "one size fits all" when it comes to taking time off because every leader is wired uniquely. But whatever the discerned pattern becomes, it is necessary to have an implementation plan.



Continue reading for the **7 KEYS FOR SUCCESSFUL BREAKS**

THE SOLUTION > LESS IS MORE

Deciding & Determining to choose rest & health over anxiety & busyness; will take both courage and conviction, but if you'll put these seven steps into practice you will see greater levels of effectiveness in your life and the lives of those you are called to lead.

REMEMBER **LESS IS MORE.**

7 KEYS FOR SUCCESSFUL BREAKS

- 1 Decide what type of rest is needed; emotional, physical, spiritual, relational, or mental. This is important as there needs to be a specific focus during your time away.
- 2 Determine the place or environment needed to best facilitate replenishment. It could be a beach, a mountain lodge, a reputable counseling center, or a coffee shop.
- 3 Decide when, and then put it on the calendar; schedule it. Lock it in and make the commitment necessary to act on it.
- 4 Determine if there is a need for specific resources. Resources could include books, recreational equipment, counselors, friends, family, or finances.
- 5 Decide how you will detach and implement that plan. This could involve email, phones, texts, social media, and delegating responsibilities.
- 6 Determine the parameters for re-entry. This will allow total detachment until it is time to re-engage. The plan might involve having a co-leader or an administrative assistant prioritize the workload that has accumulated.
- 7 Determine how many days out emails, texts, and phone calls will be reinstated. A re-entry plan sets everyone's expectations and provides the guidelines necessary for a healthy break.

At the end of the day, rest is the primary purpose because...
"Great leaders understand that rest is not an enemy to productivity."





LEADERSHIP STUDY GUIDE



STRATEGIC DOWNTIME

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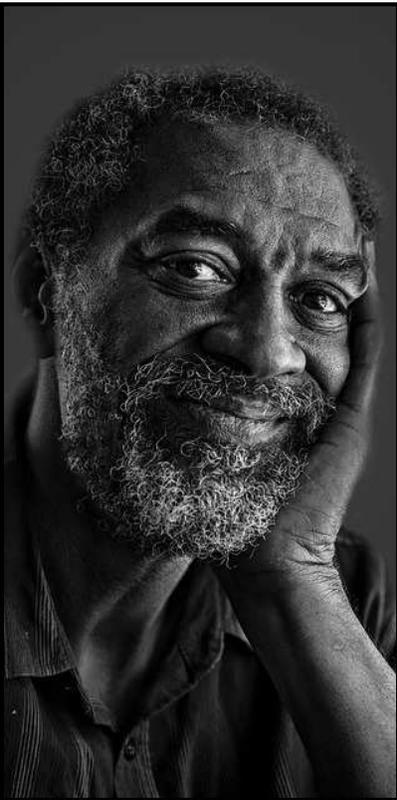
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