Recharge (Renewal) Rituals

Week 4

- What is a Recharge Phase?
  - Daily routines to help you "recharge your batteries"
  - The importance of downtime for achievers
  - Pushing through fatigue will happen
  - But it should not be a regular state
  - Peak performance comes from balance
- Next Day Priorities
  - Think about your next day in advance
  - Easier to relax when your plans are set
  - Allows your subconscious mind to work on tomorrow
  - Gives you a running start next day
  - Saves times and promotes productivity
- Review Completes/Incompletes
  - Documenting everything you finished
  - Documenting what didn't get finished
  - Removes from mind and assigns to paper
  - Allows you to celebrate successes
  - Allows you to audit time to find holes
- Planned STOP Times
  - Decide in advance when your work time will end
  - Commit yourself to the stop (i.e. gym time)
  - This increases urgency during work hours
  - Naturally reduces probability of wasted time
  - Bring clarity to your mind
  - Removes ambivalence and choice
- Mental Rechargers
  - Self Hypnosis
  - Meditation
  - Mindfulness practice
- Disconnect Activities
  - All about removing your mind from your work
  - This is often when best ideas strike
  - Helps reduce effects of pressure/stress
  - Play sports
  - Watch movies or read books
  - Do volunteer work
  - Spend quality time with family
  - Spend time on another skill or hobby
- Getting Proper Rest
  - Create a pre-sleep ritual
  - Aim to sleep at the same time each night
  - Aim to wake the same time each morning