Evolutionary Leader Program Rest and Recharge Strategy Evaluation

Review Y	our Insights:	
	Reflect on your Time Audit assessment understand how you currently allocate recovery	3
	Consider again your Distraction Analysi determine how technology might be collack of breaks contributes to distraction your workflow	ontributing to identify if
	Revisit your Energy Peaks Identification assessment once again to determine when you might need breaks to sustain your energy levels	
Current F	Rest and Recharge Practices:	
	rategies you currently use for taking breal adequate sleep.	ks, managing stress, and
	Current Rest & Recharge Practices	Effectiveness?

If you have more Current Rest & Recharge Practices to list, feel free to pull out some sheets of paper to continue your list



Evolutionary Leader Program Rest and Recharge Strategy Evaluation

Evaluate Practice Effectiveness:

Next evaluate the effectiveness of these practices you listed above in supporting your cognitive function and preventing burnout. Are you taking breaks when needed?

Identify Areas for Improvement:

Recognize gaps where rest and recharge strategies could be enhanced. For instance, are you scheduling regular breaks, or is your sleep routine consistent?

Consider if there are additional activities or changes to your routine that could support better rest and recovery.

Gap Where Rest & Recharge Strategies Can Be Enhanced	

^{*}If you have more Gaps Where Rest & Recharge Strategies Can Be Enhanced to list, feel free to pull out some sheets of paper to continue your list*



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integrate Rest and Recharge Strategies:
 Plan and schedule regular breaks into your daily routine, aligning them with your energy peaks to boost productivity
 Incorporate buffer times between tasks to allow for mental recovery and preparation for upcoming activities
 Establish a consistent sleep routine and include relaxation activities, such as mindfulness practices or physical exercise, to enhance restfulness
Reflect and Adjust:
Reflect on the effectiveness of your new integrated rest and recharge strategies. Did you notice improvements in your energy and focus?
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