

# Evolutionary Leader Program

## Rest and Recharge Strategy Evaluation

### Review Your Insights:

- ☐ Reflect on your Time Audit assessment once again to understand how you currently allocate time for rest and recovery
- ☐ Consider again your Distraction Analysis assessment to determine how technology might be contributing to identify if lack of breaks contributes to distractions or inefficiencies in your workflow
- ☐ Revisit your Energy Peaks Identification assessment once again to determine when you might need breaks to sustain your energy levels

### Current Rest and Recharge Practices:

List the strategies you currently use for taking breaks, managing stress, and ensuring adequate sleep.

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\**

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## 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\**

