

Sustainable Leadership Life

4 Rest and Recreation

On the seventh day God had finished his work of creation, so he rested from all his work.

Genesis 2:2

Take a day off

36 hours phone off

Annual holidays

Positive distractions

Friends

Next Steps

Diarise weekly, work free day off

Experiment with turning your phone off

Book 3-week holiday

Audit your positive distractions

Meal with friend

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