



TOP 5 REASONS TO RECHARGE

So many people work endless hours and push through illness to make sure they are seen as a “hero” for their hard work. All of this in hopes there is a reward or compensation or promotion for their tireless efforts. The reality is you can provide yourself a better reward, better compensation and an endless promotion by taking time to recharge. Give yourself the permission to rest.

1. **Increased productivity.** After a certain amount of focus and hard work you become less productive.
2. **Maintain a positive attitude.** After you have experienced a certain amount of pressure and various situations you start to lose your ability to stay positive.
3. **Take care of your health.** Working too much and not recharging can cause negative effects on your health.
4. **Time to reflect.** Taking down time will allow you to reflect and become inspired by what you have been able to achieve.
5. **Reset your mind.** Being able to clear your mind and let things go for a period of time gives you clarity in areas that were of concern.

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