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## Week 32 Focus: Renewal

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### Focus Question: What does renewal mean for you?

#### Description

The fields of sports and business shows us that teams that excel, are great at both "playing hard" and also resting hard. When working remotely, our boundaries between work and life often get blurred.

Just as physical renewal is essential after a long race, periods of renewal are key in business to help us remain at our prime. What does renewal mean for you? When is the last time you took time to renew?

Decision fatigue, social media burnout, task switching and cognitive overload, take a toll on us as professionals. When things become unbalanced it can also become luggage we bring into our family life.

As solopreneurs, keeping ourselves "at our prime" is key as the business relies on you. Without you there, it's unlikely that it can keep going for long. Therefore, renewal should take a priority.

Here are some different ways to consider renewal:

- » Taking vacation time on a regular basis
- » Scheduling time away from our work (i.e. conferences, meetings with colleagues)
- » Enjoying a compressed 4-day work week at different parts of the year so you can enjoy a longer weekend
- » Having clear boundaries around "when you are ON" and "when you are OFF"
- » Swimming/running/hiking/going to the gym over lunchtime on a regular basis
- » Going on a retreat

What will help you renew?

#### Activity

What are the things that are going to help you renew? Build some time in to do this.

**For more on this topic consider tracking your routines and renewal via the Daily Monthly Trackers.**

**"Top athletes understand that to play at their best, they must alternate periods of intense performance with periods of strategic renewal."**

Robin S Sharma

#### Ways to Renew with Remote Work

- ✓ Take regular breaks
- ✓ Work from different locations in your home or community (where possible)
- ✓ Establish a working routine balanced with work, connection, and self-development (learning, workouts)
- ✓ Chunk work into similar tasks to avoid too much task switching (i.e. 3-hour block on finances or writing)
- ✓ Take vacation time!
- ✓ Build in long weekends when you can't take holiday weeks
- ✓ Be ruthless with time boundaries