

# Week 45 Focus — Renewal

**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.

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

Consider your skill base right now. What is one skill area you could become more effective in to boost your impact as a people leader?

## CONNECTION TO THE WORKBOOK AND PLANNER

Take a look at your calendar. What have you done to build in renewal periods on a WEEKLY, MONTHLY and QUARTERLY basis?

*“Renewal requires opening yourself up to new way of thinking and feeling.”*

**Deborah Day,  
Be Happy Now!**