

The Eleven Things



The eleven things to do during the holidays to make the most of your “blue sky” time:

- Reflect.** Consider the successes and lessons of the year that has passed.
- Revel.** There are many opportunities for celebration. Take them. Share them.
- Recharge.** Chances are, you have worked hard all year. Put some fuel in the tank.
- Randomise.** Disruption is great for creativity. Break habits. See what you discover.
- Reconnect.** Connect with the people you wanted to see more of during the year.
- Regress.** Summer is a great time to play. Humans learn from play - it is an ingrained skill we sometimes forget to exercise.
- Read.** For pleasure.
- Reframe.** We are often in a different place over holidays (even if that different place is ‘home’!) Consider the landscape and look at challenges and opportunities.
- Recognise.** Notice the things you miss when you are flat out. What would it take to notice them at other times of the year?
- Record.** Keep a holiday journal. Save those insights.
- Retain.** Decide what you want to retain for the year ahead.

