



Arlene Rosenberg

Speaker and Coach for Personal Growth
and Professional Development

**“If you can Say It, See It, Be It™ you
will have everything you want!”**

REJUVENATION

The days are getting longer and the sun is setting later. Summer is almost upon us. What are your plans for play and vacation this year? This is the season that was meant for relaxation and rejuvenation of your spirit. Since so many of us feel the need to "overwork," I am asking you to give serious thought to the need of taking a vacation. My intention is to stress the importance of taking time to remove yourself from the hectic pace of your daily life and the personal benefits you will receive.

The one thing about living in New York City in the summer that struck me was that by 6:00 pm on Friday evenings the streets became quiet, the people were gone and many neighborhoods felt like ghost towns. Why? Most of the population was off for a weekend of fun and sun. Although by Monday the noise and traffic were back, people seemed happier and friendlier. The reason, people were more rested, less stressed and less sun deprived which gave them a better attitude towards themselves and others. This is the reason why vacations and down time are absolutely necessary for success. When we give ourselves time to replenish by eating well, resting, doing outdoor activity and sharing time with friends and family, we are nourishing our minds, bodies and souls.

Many times we will find that friends will tell us we look younger after a vacation. The reason is we are rested and less stressed. When we rest our minds we become more creative and have the energy needed to conduct business at the "time warp speed" that is being demanded from us today. Our global economy is requiring thousands of decisions and actions and competition is demanding us to act quicker and smarter. Parents are coping with challenging jobs, juggling time with their children and trying to make time for themselves. Personal lives have become as demanding as work because of the variety of activities each member of the family participates in.

I'm tired from just writing and thinking about it all. So what can we do to cope with all of this accelerated energy? We can step back and use this time of the year to rejuvenate ourselves and our families. In most areas of the country the heat will help to slow everyone down. Leave work on time the majority of evenings - yes, even cut out a little early. Use the longer daylight to take a walk, play ball in your backyard with your family or visit with friends. Find out what your children did during the day. Use this time to really listen to them.

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When on vacation or relaxing on the weekends spend quiet time alone with yourself and take some deep looks at what you want to work through and improve on. Choose to spend time alone with your spouse and each of your children. Vacations are a wonderful time to re-acquaint yourself with your family. The benefits of this will more than pay for the time you spent. If you are thinking of painting the house while on vacation this summer, rethink it and come up with a solution that allows you to get it done and have time for relaxation as well.

If we do not nurture our minds and bodies, eventually they will give out. This is why it is not uncommon to hear about overworked people being diagnosed with serious and "life threatening diseases" by the time they are in their early to mid-"40's." You have a choice to create some wonderful new habits this summer (and even carry them into the rest of the year). What will it take to get you to commit to one new habit?

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