

If exhaustion gives you permission to stop, you're **already late**.

We've been taught to rest from the work we just did. High performers are really good at pushing, and we've turned that ability into a lifestyle: work until we're depleted, recover just enough, do it all over again. If you only rest when your body forces you to, you're managing depletion instead of preparing for performance.

1

RECOVERY IS FROM. REST IS FOR.

Recovery happens when something has taken something out of you, and you need to return to baseline. Rest asks what you need before the demand arrives. It's intentional, strategic and scheduled.

TAKEAWAY · Recovery repairs yesterday. Rest prepares you for tomorrow.

2

DON'T MAKE EXHAUSTION THE TRIGGER.

Resting only after you feel tired is reactive, like waiting for your car to run out of gas before you decide fuel matters. Output alone doesn't tell you whether the system is healthy.

TAKEAWAY · If you desperately need rest, you probably needed it earlier.

3

USE REST TO INCREASE BANDWIDTH.

If your only goal is recovery, you're constantly trying to get back to zero. Proactive rest keeps you in an optimal state, so you have capacity when the demand actually arrives.

TAKEAWAY · Rest is not what keeps you from performing. Used correctly, rest is part of performing.

Optimal performance is not doing the maximum amount possible. It's doing what produces the **right results at a sustainable pace.**

Rest for **what's coming.**

Fill this in on Sunday night or Monday morning. Then come back to the last box tonight.

1 FROM OR FOR?

I NEED TO RECOVER FROM

I NEED TO BE READY FOR

2 MY WARNING LIGHTS

Pay attention before you hit empty. Check the ones you notice in yourself.

- ☐ My patience gets short ☐ My thinking gets narrower ☐ Everything feels urgent
☐ Other: _____

When I notice one, I will change this part of the system:

3 PROTECT CAPACITY BEFORE THE DEMAND

DEMAND COMING THIS WEEK

DAY

HOW I'LL REST FOR IT FIRST

TONIGHT · THE ONE THING

Am I resting for tomorrow, or merely recovering from today?

One part of tonight I'll change because of my answer:

Realign the system: **rest is an action.**