

## Strategic Micro-Recovery The Key to High Performance

Research indicates that writing by hand as you learn or create offers cognitive benefits that typing does not. When we write by hand, our brains are better able to store and process information. Enjoy some old-fashioned hand writing!



### ACTIVITY #1:

#### Best Self:

When I am the best version of myself, I am physically energized, emotionally connected, mentally laser focused and aligned with purpose. Describe you as the best version of yourself. Think about when you are your best, how do you lead? How do you treat others? How do you respond to stress? How would you like other to describe you?

Look at your description of Best Self above, list three words that summarize:

- 1.
- 2.
- 3.



### ACTIVITY #2: Oscillation

You can only maintain high performance (best self) for ~90 minutes. In order to sustain high performance, we must be intentional about seeking recovery. Draw your own oscillating line below that represents a typical workday.

<b>Energy Out</b>
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6am <span style="margin-left: 300px;">12pm</span> <span style="float: right;">8pm</span>
<b>Energy In (Recovery)</b>



### **ACTIVITY #3: Recovery**

As mentioned above, to sustain performance for long periods of time, we must seek recovery about every 90 minutes. The duration of our recovery does not need to match the duration of performance. Recovery can be as short as 30-seconds or as long as 30-minutes (and sometimes more). Make a list below of recovery activities that would realistically work for you in the durations give.

1-minute or less:

5 minutes:

10-minutes: