PERSONAL GROWTH | PROFESSIONAL DEVELOPMENT

Vacation Your Way to Success

All work and no play makes Johnny a dull boy they say. It also makes you unsuccessful.

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The fact is that a well placed vacation can do wonders for every area of your life.

I am thinking about this because I am about to go sit on the beach for a few weeks! So in this busy world, where we are driven to be producing all the time, it is good to be reminded that a break is sometimes the best thing to move us forward in the long run.

I know many people who can't seem to get themselves to break away from the office, thinking that they are getting a lot of work done. The truth is that they need a break and when they get back they will be working much more effectively.

With that in mind, here are some thoughts on why you can vacation your way to success.

Vacationing helps you appreciate your work. After a while even work you normally love can become a drudgery. Taking a vacation gets you away and after awhile you begin to miss it and chomp at the bit to get back to it. You simply appreciate it more.

Vacationing helps you reset your mind. Even though the mind is a mystery, we do know that it can get tired. Mental fatigue. Getting away on a regular basis helps reset the mind to its peak condition. Every brain needs a good rest.

Vacationing makes your body stronger, with more energy for the battle by giving it a rest. The world's top bodybuilders, the ones with the huge muscles know something that the typical businessperson doesn't - the body needs a rest. Every week they take one day off. And then they take whole seasons off and allow their bodies to rest. Our bodies are the same. We need to let them relax, sleep more etc.

Vacationing gives you time to encourage your support team - your family. While we are putting in long hours and working hard, our families support us with encouragement and the like. Vacationing let's them know that you value them and want to make sure that you take good, significant times for them. Then, when you get back to work, you know that your "team" is firmly in your corner.

Vacationing puts you in a creative mindset. Sometimes being in the same situation gets your imagination stuck in a rut. Watching the sun set, listening to the waves crash, or enjoying the fresh air of the mountains will set your creative imagination soaring. You may find that you come up with all sorts of solutions to work issues while laying on the beach. I don't know how this works... but it does.

Vacationing renews your spirit. We all need an emotional boost. We need a break from the roller coaster of emotions that drain our spirits while at work. Quite frankly, if you do vacation right, the predominate emotion should be peace. And that is just what you need to get rejuvenated for work.

Vacationing proves to you that your work or office can exist without you. Sometimes we overestimate our value to the organization and this puts so much stress on us. The fact is that if you go away for a week, your job will still be there. The company won't be bankrupt, and life will still be going on. We need to know that work goes on, so that we don't worry so much. Get away and don't call the office!

So what is my advice? Take a vacation. You need one. You deserve one. Life is passing you by my friend, and in the end, you will know you should have taken a vacation. Your office won't fall apart. The earth will continue to turn on its axis. Your family will be happy. Turn off your computer, pick up the phone, dial the travel agent.... your success depends upon it!

Chris Widener is an example of how anyone can overcome any odds to achieve a successful life and help others achieve the same. Chris has overcome many obstacles... living through his father dying suddenly when he was four, being sent away from his family to live with relatives at age nine and becoming involved with drugs and alcohol by the age of twelve. Chris overcame those obstacles and has for the last ten years worked with some of the most financially successful families in America, helping them to achieve both personally and professionally. Now he can do the same for you!