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# Knock Some Sense Into Your Head!

## *The Lost Art of Rejuvenation*

By Cary Mullen

I felt a wave of delicious, wonderful energy was flowing back into me. More energy than I remembered having in years. Lying on the couch recovering from a severe concussion, instead of being drained of energy, it felt like energy was flowing into me.

There on the couch, I realized that I had not taken a real vacation in 17 years. After all of those years working 80 hours a week without a break and now, as fate would have it, being forced to take time off I realized how huge my mistake had been.

Being an athlete, I had been taught the value of rejuvenation by many famous athletes. Tommy Moe took a week off right before the Olympic Games in Norway and he won the Gold Medal. Similarly, the year that Kyle Rasmussen took a week off before the World Cup, he came in first place. Danny Mahr, who had the most longevity on the World Cup circuit (16 years) took six weeks off at the beach each spring after the season had ended.

Knowing the value of rejuvenation and practicing it were too different things. I was simply too afraid to take time off. Even in the spring when the season was over, I'd jump right into off-season training. Lifting weights and doing what I thought I needed to do to get ahead of the game. I did this year after year, despite chronic patella tendonitis from not taking time to let my muscles and joints rejuvenate.

Now that I was being forced to take time off, I was experiencing the value firsthand. I am naturally someone who pushes myself constantly. While I believe that is one of my greatest strengths, it is also one of my greatest weaknesses. Lying there on the couch, I committed myself to a plan of taking time off in the future.

Years later as an entrepreneur and business owner, I was faced with that familiar feeling of being afraid to take time off. I was worried about missing important business decisions, not meeting project goals and that my competition would get ahead of me. I was guided by short-term fear instead of focusing on the amazing long-term possibilities of what could happen if I was to integrate rejuvenation into my life.

One morning, I realized that I was getting caught up in my unrelenting work cycle again, just like I had when I was ski racing. Right then and there, I decided to change and I scheduled three weeks of vacation on my calendar. I even marked the dates, in ink, on our kitchen calendar. I committed myself to the plan of adding a week each year until I hit six weeks of vacation.

The first year that I took my three weeks vacation, I did no phone calls, no e-mails, nothing. I spent the time in Maui with my family simply relaxing and having fun. It was amazing! I came back with energy and a renewed creativity and excitement for my business and my life.

I've continued that plan and I've watched my success grow. I have been voted one of the 26 hottest speakers of the year by *Successful Meetings Magazine* and I am on track to achieve both my financial and personal goals. All of this is happening while I continue to take six weeks off a year at our beach house in Mexico. Despite how hard I work and how busy I am, I have built a sustainable success model around taking time off and rejuvenating.

The truth is that if we don't take time off to re-energize, we fall into bad habits. We get drained of our energy and enthusiasm; we lose our perspective and our creativity.

Do you see yourself in this non-stop pattern? Are you taking enough time to rejuvenate? It doesn't have to be three weeks. It can be as simple as a weekly massage or taking time each day to read a good book. What is rejuvenating for you? Once you know what re-energizes you, make it a priority and schedule the time onto your calendar!

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"Olympian, World Cup champion, real estate developer and author of "HOW to WIN", Cary Mullen was recently recognized by *Successful Meetings Magazine* as one of the Hottest Speakers of the Year. For Cary's winning tools or speeches call 1-866-236-2279 or visit [www.carymullen.com](http://www.carymullen.com)".

PS: Take time to rejuvenate. You'll like yourself, and your life, a whole lot more!

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