



THE ALIGNMENT PROJECT

LEADING YOURSELF / TEMPERANCE

STRATEGIC DOWNTIME

*"Great leaders understand
rest is not an enemy to
productivity."*

WITH BOBBY BOGARD

No man has to walk alone.

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Rest is an absolute necessity to be an effective leader. Strategic downtime is not the enemy of productivity — it is the fuel for it.

01 BUILDING MARGINS

REST IS A NECESSITY, NOT A REWARD

Strategic downtime creates room to **refresh**. Powering down makes space for renewed **creativity**. Leaders should rest in order to become more **productive**. Think about it — the God of creation worked six days, but on the seventh He rested. Jesus reinforced it when the Pharisees challenged Him. **Rest is a gift.**

MARK 2:27

“The Sabbath was made to meet the needs of people, not people to meet the requirements of the Sabbath.”

02 THE REDLINE TRAP

LEADERS REDLINE INSTEAD OF BUILDING RHYTHM

Some wear a high-stress schedule as a badge of honor. Their families suffer because they never have an **“off” switch**. Work becomes their identity. But the research is clear — leaders who refuse to rest ultimately perform far below the ones who regularly disengage. Even Jesus habitually stepped away from the pace of life and went into the mountains to regroup (**Matthew 14:23**). **A healthy pace never happens by accident.**



BUILD THE BREAKS IN

01 A WEEKLY HIATUS

A day when you're free to rest — not a day off to mow the yard or run errands, but a day to disconnect and focus on replenishing.

02 MULTIPLE DAYS WHEN NEEDED

Some seasons call for more. Severe emotional stress leaves a leader open to burnout. Time away sustains your stamina and protects your marriage.

03 EXTENDED TIME WHEN REQUIRED

Other situations require a longer stretch away. A wise leader trades a negative view of rest for a rhythm that fits how they're wired. There's no one-size-fits-all — but every pattern needs an implementation plan.

THE SOLUTION: LESS IS MORE

Deciding to choose rest and health over anxiety and busyness takes both courage and conviction. Put these seven keys into practice and you'll see greater effectiveness in your life and in the lives of those you're called to lead.



7 KEYS FOR SUCCESSFUL BREAKS

01 DECIDE THE TYPE OF REST

Emotional, physical, spiritual, relational, or mental — name it, because your time away needs a focus.

02 DETERMINE THE PLACE

Choose the environment that best helps you replenish: a beach, a mountain lodge, a counseling center, a coffee shop.

03 DECIDE WHEN

Put it on the calendar and make the commitment necessary to act on it.

04 DETERMINE THE RESOURCES

Books, recreational equipment, counselors, friends, family, or finances.

05 DECIDE HOW YOU'LL DETACH

Plan for email, phones, text, social media, and delegating responsibilities.

06 SET PARAMETERS FOR RE-ENTRY

Have a co-leader or assistant prioritize the workload that accumulates, so you can fully detach until it's time.

07 DECIDE WHEN TO RE-ENGAGE

Determine how many days out email, text, and calls resume. A re-entry plan sets everyone's expectations.

REMEMBER

Choosing rest and health over anxiety and busyness takes courage — and it multiplies everything else.

"Great leaders understand that rest is not an enemy to productivity."

KNOW WHERE YOU STAND

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