How to Encourage Yourself to Take a Vacation

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Although we know it's important to stop, rest, and take a vacation, we don't always do it.

Sometimes we need a little encouragement.

Here are a few steps to get you going.

Step 1: Decide On a Time and Put It In Your Calendar.

At this point, you do not need to have your vacation fully planned.

Just having the date in your calendar will provide you with something exciting to look forward to.



Step 2: Tell Everyone!

Letting your friends, family, and co-workers know when you will be away, helps them prepare for your absence and it keeps you accountable.

Step 3: Plan Your Vacation.

Plan to do whatever you want and need to do to feel truly relaxed.

Stay home, watch TV, travel, sleep in, go to a new town. Your vacation doesn't have to be extravagant!

This time is meant to help you recenter your mind and feel refreshed when you return to work.

Step 4: Actually Go on Vacation.

Before you go, write yourself a to-do list for when you get back.

Set your away email.

Tidy your desk.

Then...LEAVE!

Say goodbye to the responsibilities of work.

It's time to get back in touch with yourself.

When you return...

Refreshed and renewed...

Stay on track by making purpose-based decisions.

If you're not sure where to start....
try here first...

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