

# It's Part of the Program

We want to kick off this edition of your Weekly Winning Resources wishing all of our amazing Dads out there a Happy Father's Day! We hope you are having a great day so far!

Our Weekly Winning Word this week is restore. There is no doubt that many of us are feeling the burnout these days and if we're not completely there, we are definitely feeling out of balance. If this is you, rest assured, you are not alone! We are all hardwired to work hard and then recuperate from our exertions. You can watch a toddler and observe what this looks like. They run around like crazy, and then conk out. The problem is, as we get older, and the responsibilities become more and more, we keep running around like crazy, but forget the conk out part. Failure to take this much needed time to rest and restore creates physical and mental stress. Consider how cranky a tired toddler becomes. You are no different, just older, so having a tantrum on the floor seems unreasonable. Instead, we ignore our exhaustions, and just keep going. Thank goodness, you are a part of our I've Decided Community, and we are here to remind you that you are the most important person in your life, and you must take time everyday to restore your energy. If you do, you can avoid reaching the point of burnout and the stress that comes from running around too much without conking out. : )

The good news is, summer is here, and hopefully you can take some much needed time to restore your energy and get a sense of balance back into your life.

## Your Weekly Winning Word:

**Restore:**

*To bring back into existence or return to original*

*state.*

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## **Your Weekly Winning Article:**

We found this great article with strategies to restore your balance if you're feeling burned out or stressed. Check it out here: [Click Here to Read](#)

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## **Your Weekly Winning Challenge:**

Be intentional this week about taking time each day to restore your energy. It may be that you take a much needed nap, go for a nice scenic walk, relax out on your deck or patio, read a great book, plan a getaway, or take a personal day. Whatever it is that will recharge your spirit and energy, it's time for that!

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## **Your Weekly Winning Quote:**

**"You are the most important person in your life. Take time everyday to restore your energy." ~Unknown**

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If you are feeling like a cranky toddler because you're running around like crazy, but forgetting the resting part, a coach could be just what you need! Consider our Launch My Success Membership. Included in this membership, is weekly group coaching with one of our awesome Success Partners. You can learn more about them here: [Learn More – Success Partners](#)

Having a coach is an investment that you can expect to get a return on, it is not an expense. The time is now...What are you waiting for?

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**WE NEED YOUR HELP**...Please help us spread the word about our awesome community. You can help us by following our I've Decided Social Media pages on Facebook, LinkedIn, Instagram, and Twitter, and please be sure you like, comment, and share our posts. The more people we can reach, the more people we can help achieve their goals and dreams. Thank you!

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If you missed the last Community Networking & Learning (CNL) on Thursday click on our past recordings link below to watch! Included in your membership are the recordings of our events.

[Past Recordings – Members Only](#)

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