

**JUST
LEAD**
WITH MARK Q



SHOW NOTES

EPISODE 48: Summer Playlist | Rest, Recreation, & Replenishment

It's summertime, and it just wouldn't be the same without a Summer Playlist! That's right, we've dusted off a few records from the JUST LEAD vault & we're ready to drop the needle on some of our best content. This week we dive into the theme of rest, recreation, & replenishment including topics like compulsive busyness, the Sabbath, PQ's vacation hacks, and even finding other types of work that are restorative. Take a listen, and then go take a day or two off; you've earned it!

[CLIP #1 - From "Defensiveness, Compulsive Busyness, & the Dark Side of a Leader's Gifting with Lance Witt"](#)

Compulsive busyness can affect every area of your life, your relationships, and your home. Warning signs are when you're addicted to your phone or you can't be present. Another sign would be **losing interest in recreation**, and all you do is work. If you find things to enjoy OUTSIDE of your work, you'll actually be better at your job.

You have to **let God do the hard work of the deep work**. Ask yourself, what's really driving you? The truth is, there's a **shadow side to leadership**. In other words, what makes you gifted in one area can actually make you unhealthy in another. Be careful!

[Lance Witt | Instagram](#)
[Replenish](#)
[Your One Life Book](#)

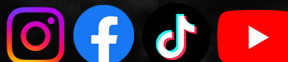
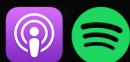
[CLIP #2 - From "Why Every Leader Needs A Sabbath..."](#)

Sabbath is not just a churchy thing, it's actually how God designed life. There's a rhythm of 6 & 1, and rest is key to even basic life cycles — whether it's biology or organizations! There's some myths around Sabbath like legalism or that it's only on Sunday. But it's a 24-hour period where we unplug & replenish. It's a reminder that we are not what we produce, and what we have is not because of you.

To Sabbath well, first **clear the calendar from obligations**. Then ask yourself, **what restores you?** **Exhale, enjoy life.** This is not just a day off to catch up on household stuff, it's a **time of rejuvenation**.

[CLIP #3 - From "The Discipline of Vacation"](#)

Learning the discipline of vacation starts with **self-awareness**. You have to KNOW what restores you &



replenishes you to vacation well. Sometimes it's even doing a little yard work because it's a sense of completion. More than anything the time must be **free of obligation**. This helps you best refuel because there's no "have-to's" only "get-to's." This level of self-awareness requires some trial and error. Whether it's fly-fishing or watching a movie, you've got to find your thing!

[CLIP #4 - From "New Year Rhythms: Finding The Groove For Your Life, Family, & Organization"](#)

Listen, take some time off. **It's a reminder that everything does not rise and fall on you.** You are not your job, and your **self-worth** is not dependent on that. To speak kindly, you are not that important! Take time off & step away. **A rested mind** is clinically proven to be more efficient and effective in every way. Not only that, it's a way to see how well your teams are trained and ready in your absence!

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