

# THE MOST DIFFICULT

challenge for any ambitious person is  
eliminating the guilt associated  
with free time and rest.





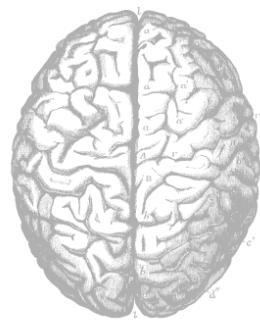
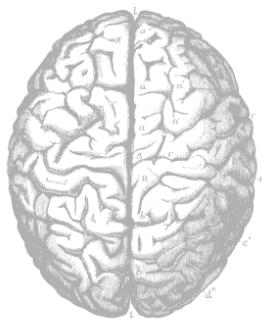
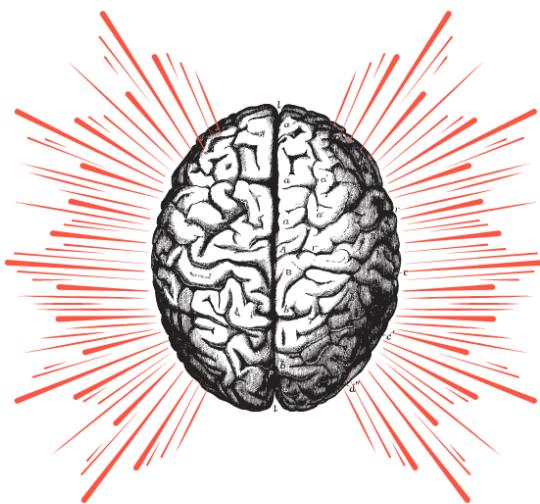
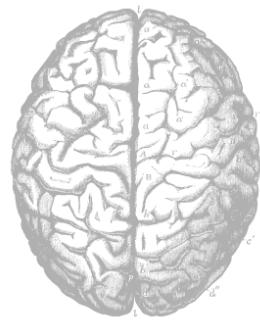
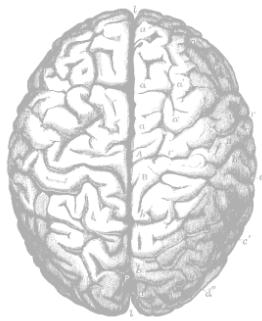
**EVERYTHING**  
*requires balance.*

**Muscle** is trained during **exercise**,  
but grown during **recovery**. Similarly,  
**ideas** are executed during periods of  
**work**, but formed during periods  
of **boredom & leisure**.

# **EMBRACE**

*the role of free time & rest.*

**Reframe them  
as core parts...**



*of your daily  
systems...*

*not rewards for your efforts.*



ANY OF HISTORY'S highest achievers were aware of the value of leisure. One example is *John D. Rockefeller*, who would take regular breaks from his notoriously demanding schedule to mill about in his garden—it was his personal escape. Or consider *Benjamin Franklin's calendar*: periods of work were broken up by periods of rest, conversation, reading, and boredom.

# WE DON'T NEED TO

“earn” our recovery—it should be a central part of our ritual that allows us to thrive.



**Sahil Bloom**  
*@viziandrei*