

# REACHING YOUR ZzzzENITH

## TOP 10 LIST

1. Everyone experiences **stress** which can be **both beneficial and detrimental**.
2. The **growth equation** is:  
  
***STRESS + REST = GROWTH***
3. Arrange your schedule **alternating** between **periods of stress and rest** at the micro (daily) and macro (monthly) level.
4. Learn to **single task** as multitasking reduces productivity by up to 40%!
5. We are all addicted to the “chase”. Put your cell phone where it cannot be seen or reached when complete focus is required. **Out of sight = out of mind!**
6. Utilize a **growth-mindset** when encountering stress. This allows you to see the benefits of stress and better allows you to react to stress in a productive fashion.
7. Reframe **rest and sleep as a productive endeavors** which **facilitate growth and adaptation**.
8. Identify your **chronotype** as a “morning lark” or “nought owl” and schedule your work around their respective peak productivity time periods.
9. Get up and walk frequently throughout the day putting yourself **“in the way of beauty”**. Nature inspires **awe** which is an emotion that **reduces Interleukin-6** (a deleterious inflammatory molecule circulating in the body).
10. Focus on a **self-transcending purpose**. This allows you to override your ego and **break through self-imposed limits**.

Take time to be mindful and just....**REST**