

🕒 THE 3-MINUTE VACATION

GET IN SYNC: BODY + MIND + BUSINESS



ACHIEVE CALM
WITHIN CHAOS
IN 3 MINUTES

1,000,000 employees miss work each day because of **STRESS**¹

83%

A whopping 83% of
American professionals
ARE STRESSED OUT
at their jobs²



Stress results in as much as

**\$300
BILLION**

in lost productivity³

Do you have days that are hectic & chaotic?
Do you feel fragmented and frazzled? Do you need
a vacation? Of course you do, but it's not possible
to take off for Tahiti at a moments notice.

If you do, then this 3-Minute Vacation is for you.
I created this simple formula that has been used
by CEOs, Corporate Executives & Entrepreneurs.
It's a game-changer!

What is it about a vacation that dials down our stress, removing obstacles to priorities and productivity?

It's the process of our body & mind tapping into the super-power of being present which brings us back into sync.

The 3-Minute Vacation is about unplugging from the chaos and plugging into the power of the present by activating your five senses.

This is my favorite tool because it can be done most anywhere & once you get the hang of it, you will be able to access your vacation in three minutes or less & return to work in-sync and calm.

I developed the 3-Minute Vacation out of sheer desperation! I was being pulled in every direction, both at work & in life. As an entrepreneur, speaker, competitive athlete &

mother of young kids, I felt fragmented and frenetic. It felt like my body was in one place while my mind was in another. This tool brought my body & mind back into sync, creating easy access to calm within chaos.

That's how the 3-Minute Vacation came to be. I found myself practicing it in board meetings, before giving a keynote, during a media appearance or when dealing with my now, teenage kids.

Try it once & you'll appreciate it. Integrate this practice consistently & it will bring you into sync: body, mind & business resulting in more productivity, clearer priorities & greater profitability.

This may seem a bit on the soft side for some of you, but I assure I've taught this to the most Type A executives and it's changed their lives... just like it can change yours!

Let's do this!



1 Find a mug that you can wrap both your hands around. Feel the cup in your hands, the warmth moving through your fingers, smell the aroma, listen as you sip, savor the taste. It is ok if thoughts start to stir in your mind, simply let the thoughts that come leave with the steam and turn your attention back to the experience of your five senses. Ideally, sip on a fragrant cup of hot tea or coffee that has a soothing scent & a calming effect.



2 Sit comfortably. With your feet on the ground imagine being plugged into the earth – you are grounded, stable and supported. With each slow, deep inhale through the nose, imagine tapping into the power of the earth recharging your battery. With each exhale release whatever comes to mind, struggles, fears or obstacles of any kind and imagine them effortlessly dissolving while focusing your attention on physical sensations.



3 Now savor the aroma & slowly sip the tea or coffee. Experience the sensations of drinking the liquid. Feel your shoulders drop, jaw & forehead relax. With each sip, savor the flavor. I often bring it to the center of my chest with both hands wrapped around the mug, eyes lightly closed. Allow your belly to expand with each inhale and contract with each exhale.



4 As you slow down, you'll begin to take note of the world around you from a fresh perspective. Notice all of your senses waking up to the sounds, smells, the feels of this moment. When practiced 1-3 times a day, you will notice a sense of calm as your breath slows down and your mind & body become more relaxed. Simply let the sounds, the sights, the sensations be. Do not attach to thoughts, simply practice the power of being present and experience your body, mind & business coming into sync.



Corporate
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