

# T3 DAY

T3, is time to think! It's a day away from your typical routine. So, when you return you will be refreshed, renewed and re-focused. Just like a retreat in war time is a strategic maneuver to regain vitality, organization and perspective, this is a time for you as a leader to do the same. The best retreats are simply strategic preparation to engage an ADVANCE. Here are some basics to consider as you decide to engage in a T3 Day.

**“A change of pace and a change of place = a change of perspective!”**

Details:

**Who:** You and/or you and a friend.

**What:** A full to half-day away from what's familiar. A personal staff meeting, PTO - Paid time off, personal time off, innovation day, T3 - time to think, sharpening the saw.

**Where:** A state park, a mountain house or beach house. There is power in “place” so at all costs get away from the city if need be. If you can't or don't want that then find a city park, museum or urban coffee shop, whatever it takes to get a change of pace and a change of place.

**When:** Minimum is quarterly, maximum is weekly. If your goal is to do one per month then calendar it two times per month, you know how things come up! 6 am to 6 pm is ideal (12 hours total). Double it or triple it to really kick your normal routine in the pants. Yes, that means you need a cabin, hotel room or a friend's mountain house.

**Why:** You take time to work in your business; do you take time to work on your business? And conversely, do you take time purposefully to work “on” your life/planning, dreaming, etc. versus just living your life?

**How:** Three options or create your own.

1. Recreation day. Or reboot day, like on your computer, it will clear out cobwebs and glitches you did not even know you had. When your computer becomes sluggish and unresponsive, hit reboot! This can be an adventure day, exercise day, museum day, random coffee shop day, or nap day, etc. See schedule below for a suggested outline.
2. Planning day. T3 (time to think), this overcomes the disease of NT3 (no time to think).
3. Creative day. This could include reading, hiking, napping or listening to nature. Allow your left brain (emails, working, thinking and analyzing) to shut down and your right brain (dreaming, creating, ideation and envisioning) to light up.

Lastly, I want to challenge you to consider detoxification. Some people say, "man a whole day away just to renew, plan or rest?" Of course, others say the opposite "only one day!" Ha, but consider this, the average person requires 1/2 of one day just to detox mentally from the pace of life. Time for your frantic brain megahertz to slow down allowing you to get to a more creative, contemplative, right brain friendly.

## Suggested schedule

### Get a good night's sleep, 10 pm to 5 am - **Rest**

- **5:59am – Depart** from your home (beat traffic, get ahead of the rest of the world)
  - Stop off somewhere and treat yourself to a good cup of coffee, tea or breakfast. Make this fun, enjoyable, so you'll want to do it again. This is my one-day a month where I go and have coffee and a donut. I'm a healthy eater but I love dough drowned in 375-degree oil and then dipped in a ridiculous amount of sugar. Treat yourself; you deserve a little goodness on occasion!
  - You can also take food with you and avoid stopping. Make this a big water day. Drink 64 oz or more of filtered water
- **8:00am or earlier – Arrive** and shut off your electronics or put them on airplane mode.
- **8:30am – Read, think, play, exercise or just sit.** When was the last time you just sat down in a great place to just pass the time “past time?” Try it for 30 minutes. Let your brain megahertz slow down to a normal sustainable, healthy speed. Learn to breathe.
- **9:00am** – Engage your day...yes it's hard but fill it in per the three options outlined above.
- **3:00pm** – Write down what today did for you. And put the next T3 DAY on your calendar.
- **3:01pm** - Wrap up and make your way back home (electronics back on if needed).
- **5:59pm** – Arrive back home. Thank anyone you need to thank for helping you pull off this day.
- **6:00pm** – High five yourself!

**\* Note to men and women:** I'm a big fan of planning, plan for the worst, hope for the best. In our American culture women seem a little more vulnerable than men. Think ahead of where you are going and what you will do in case of emergency. Avoid dangerous situations. Here are three suggestions to modify the adventure level of a T3 DAY:

1. Take maize and keep it handy.
2. Instead of traveling to a remote place, rather visit a fairly populated state park with safe accommodations.
3. Travel with another person and intentionally go your separate ways once at your location for 3-4 hours (10 am to 2 pm). Modify as needed.

**Motivational note:** Take time to sit on the porch and breathe in some fresh air or make a fire and just BE. Fight the DO demon. We are human BEings not human DOings. Be proactive and let yourself BE in the moment and BE at peace. Think of this as time to allow your operating software to receive a "systems update". Click "update now" and sit and receive human 2.0 software. Then when you go back to all the DOing in your life you will be so much better equipped physically, mentally and spiritually! Try it on for size and see what you think.