



# VACATION PLANNER



Why does taking a vacation matter to you??

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How does vacation impact your family?

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How does vacation impact your business, team members and patients?

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How does vacation impact your role as a leader?

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**Unplug! Be fully present with your family and nature.**



**Plan your exercise activities!**



**What will happen if you don't go on vacation?**

Walking? Biking? Kayaking? Write it all down!

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**Get great sleep!**



**Read a great book**



**Have fun!**



**Connect with your spouse**



**Eat well**



# VACATION DEBRIEF



**Timing is critical!** Complete your vacation debrief BEFORE you return to the daily whirlwind of life!

Schedule a dinner date with your spouse to debrief on the last day of your vacation

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**Reflect:** On discussions, activities, and events that we took part in while on vacation

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**The Vacation Planner:** Was it helpful? Did we achieve the plan we had set?

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**Apply the KISS method:** Keep doing, Improve, Stop, Start as we get back into our routine when we arrive home

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