



VACATION PLANNER



Why does taking a vacation matter to you??

How does vacation impact your family?

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

How does vacation impact your role as a leader?



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