

Title:

Creating Your Own Spring Break Without Traveling Anywhere

Word Count:

586

Summary:

This article will give you specific ideas on how to take a vacation ~ in the spring or any other

Keywords:

professional development, personal development, questions, spring break, fresh perspective, new

Article Body:

Remember Spring Break as a kid? Maybe you traveled somewhere fun, or maybe you visited family

It didn't matter.

After a winter that seemed to never stop, and school everyday, you were ready for that break .

Now you are an adult, and your time horizon is a bit longer. You aren't just trying to get to

The rest of this article is going to offer you five pairs of questions that can use to create

The Questions

What makes work most fun? / How can I do more of that today and everyday?

What would WOW my Customers today? / How do I know?

What risk have I taken lately? / What did I learn from that experience?

What was my childhood dream? / What does it tell me about myself now?

What is one thing I could do to refresh my perspective? / When will I do it?

How to Use Them

Reading the questions is a nice start, but that alone won't create your mental break (or break

Here are some steps that will help you use these questions to create new perspectives and ideas

1. Read the questions again. Make a note (mentally or on paper) the pair or pairs that s
2. Spend 10-15 minutes today reflecting on the pair of questions you noted.
3. Jot down your thoughts and ideas on a piece of paper, in your planner, or your journal
4. Read your answers tomorrow morning and reflect on the fresh perspective, energy and ex
5. Repeat these steps for any or all of the other question pairs.

Do this for all five question pairs and you have created a five day mental vacation!

If this sounds like it will take some time, you are right. But when you consider the results

Remember that better questions help us produce better answers. And that better answers, when

Invest these few minutes in thinking and you'll reap the benefits of a fresh perspective and g

Many people go on vacation to relax and rejuvenate themselves. They spend hours in planning a

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