



Strategic Disengagement

We all love to be in our Flow and in “The Zone”—to be at full throttle doing what we love to do. But just as race cars need to pit during the race to re-fuel, swap out tires, and check for potential hot spots and mechanical friction, so to does the human machine.

We’ve discussed throughout many Flow Tools the importance of understanding paradox—especially when we see two opposing principles competing for your headspace. Understanding your energy is no different. You need energy for the sprint but also the marathon. You need to ensure that you can be on top of your game and fully engaged during the moments that require high energy, but also to see the race through with some pacing.

As you optimize your sleep rituals, routines, and patterns for foundational daily energy, strategic disengagement pitstops during the day can help you sustain that energy through the sprints towards the finish line. Therefore taking time out to rest and recover will pay long-term dividends.

Below are 10 ways you can take strategic disengagement pitstops throughout your day. Have a look and see which one’s you might want to try out. Make a list of additional ways that you disengage in a meaningful way through the day.

First and foremost, identify how many sprints or blocks of time you seek to be in your Flow. If you completed the Time Maximization Flow Tools you began to structure your day by blocking out focused engagement time.

- How many working sprints (or blocks of time) do you typically have during your work day? _____
- How long are these working sprints? _____ /mins.

It is between these working sprints where your strategic disengagement pitstops need placement.

- How many breaks are optimal for you? _____
- What is a reasonable amount of time you can set aside for these breaks: _____ /mins.

What can you do with these strategic disengagement pitstops? You might (check all that might work for you):

Check Mark	Strategic Disengagement Actions
	Go for a brief walk and be mindful and using all of your senses.
	Take a 20-30 minute nap (this range is optimal).
	Practice deep breathing—even include a visualization exercise.
	Sit or lay down and read/watch something inspirational or edifying.
	Eat a healthy snack (balanced protein and carbs with minimal sugar) and hydrate.
	Reflect on the day so far: What's working? What are you learning? What needs adjusting?
	Research something you are excited about such as your next purchase or trip?
	Check-in with a family member, friend, or colleague.
	Do anything you enjoy doing that takes minimal mental, physical, or emotional effort.
	Close your eyes, tap into your breathing. Practice focusing on nothing at all.

What other strategies come to mind that you might use the next time you need to take a break?

As you weave strategic disengagement pitstops into your day, you will not only recover energy needed for the next block of work, but you are also pacing yourself for greater daily, weekly, monthly+ endurance.