



Dear Friend,

The Cut-Off Button

Although I'm fairly tech savvy, I must admit that I tend to be a slow adopter of new stuff.

Yeah, I'm the dinosaur who:

- balked at "this email thing", but now lives on it;
- carried a flip phone until...well, let's just say, way too long before moving over to a bona fide mobile device; and
- still encourages folks to grab a pen and paper for note taking during workshops or meetings.

Yup, that's me! Once I'm there, I'm all in. It just takes me a while to embrace the latest and greatest *fully* when it comes to gadgets.

So, when my husband and business partner cleverly made my old, trusty corded mouse disappear, I was too through. Yes, he did exchange it for one in the cutest shade of purple he could find, which he knew would help with the transition. Yet, justifying the change put his well-honed sales skills to the test. As usual, though, he did prevail, and soon I had another new tech staple.

Life was good...until my mouse didn't work.

The problem wasn't major. In fact, it was quite simple. The battery was run down. That's something that batteries do, but to preserve the new one, I had to add a step to my routine. It involved visiting the cut-off button periodically. I needed to be sure to turn this thing off when not in use.

As I write this message, with the help of my now not-so-new trusty mouse, the parallels to us all become apparent. Our energy sources *too* have limits. Our batteries *too* need rest. And, if we fail to do so, we *too* begin to move sluggishly, grow less effective, and eventually stop working.

So, here's my question for you (and, trust me, I'm looking in the mirror as I ask it):

If we recognize the need to recharge our STUFF, why do we neglect recharging US?

I know. You probably have as many reasons as I do. But, we all need to take some time. Step away from the office, and email, and phone, and gadgets. And...just...breathe!

Slow adopter that I am, I've committed to taking a break. I hope you'll do the same. And, if we're anything like our devices, we'll all be the better for it!

In the spirit of taking a break, we're foregoing the article in this month's **EA Insights** edition. Come on back next month, and see what inspiration I get...after a rest.

All the best,

June

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"Quotes"

"Take time to recharge your batteries. It's hard to see where you're going when your lights are dim."
~Robert H. Connelly

"Man, we've been playing a lot of games. It seems like we haven't had a day of rest, and that probably took a toll on us mentally."
~Rip Hamilton

"Travel is like a tonic to me. It's more than just getting away from the studio for a brief rest. I need it to recharge my batteries."
~Norman Rockwell

"Sometimes people need to remind themselves that there is an off switch -- and use it.[.] Solitude is the scarce resource in business lives -- having that time when you are disconnected and realizing that everything will go along fine without you."
~Paul Saffo

"I find it refreshing to unplug from it for a while. You kind of forget how deeply you get embedded in it."
~Will Wright

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