



## Two Important Lessons I Learned on My Break

### Description

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Someone once told me if you want to hear God laugh, make a plan. I am a planner at heart and planned to spend the month of June relaxing on the beach, reading lots of books, completing several home projects and using part of my blog break to re-evaluate my vision and goals for this blog. Some of those things happened, but not the way I had envisioned them and there was no beach involved (insert frown face here).

This seems to happen quite often with my visions. Does anyone else have this problem? I had also planned to get this blog post out sooner, but a few fleas decided to make friends with my dog and

I've been on a cleaning frenzy all week. You know it's bad when your vet's advice is to have a glass of wine and read a book. In other words, quit reading about the lifespan of fleas on the internet and take a chill pill.

Getting back to June, as soon as I quit writing blog posts I got bronchitis which I blame on my daughter. She had a cold the week before, but my cold turned into bronchitis. I was tired, unmotivated and had a persistent cough for at least three weeks. She was sick for a week and still went to school. Being sick forced me to rest. I didn't have the desire to watch television or even peruse social media. I just wanted to sleep.

**Lesson One:** I've learned it's important for me to spend part of my day resting and taking breaks even if it's just for 10 minutes. Resting does not include social media.

Everyone needs a break and sometimes pushing through certain projects or your work isn't always the right answer. I did get a few books read and one of them was [Uncertainty](#) by Jonathan Fields. Jonathan has spent a lot of time researching creativity and productivity. He has found well planned work rituals with planned breaks are more effective than working long hours without a break. Most people start to become less focused and productive after 45 to 90 minutes. Taking a short break will help to recharge your cognitive abilities.

I'm currently reading [Make it Happen](#) by Lara Casey which was recommended to me. I was starting to feel off course with my blog and focused on what I thought people wanted and would get repins on Pinterest. I've realized I was spending a lot of time chasing perfection (this will be a whole other blog post in the future) and not focusing on my purpose.

**Lesson Two:** I've learned it's more important to say NO than yes in order to stay in line with what's right for me.

I have a lot of things I want to share as I journey through life: thoughts, experiences, stories and things. My original intention for this blog was to inspire you to try new things, step out of your comfort zone and find joy in the everyday. Oprah once said, you teach what you need to learn. These are all things I need to learn. I'm not perfect and I'm tired of chasing perfect. I hope you'll continue to read my joyful scribbles as I evolve, make mistakes and continue to learn and try new things. I will joyfully share what I've learned and I hope you feel free to do so on my blog as well.

Amazon affiliate links are provided for the books I mentioned.

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