



It's time for positive CHANGE

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Re-Energize!

(Why you need to and
How you should)

UXL, July 2015



Americans are taking fewer vacation days now than they have in the past four decades. **We're putting in more hours at work** and taking less time for ourselves, and to spend with our families. **The result? We're stressed, lacking focus, and short on energy.** [Some studies](#) have shown that not taking a break every now and then can lead to serious health issues or even a shorter life expectancy.

On the flip side, a vacation can lead to rejuvenation, [a surge in creativity](#), [decrease in stress](#), and improved mental and physical health. And for those who decide to travel while on vacation, it's likely you'll gain fresh perspectives or insights from the world around you.



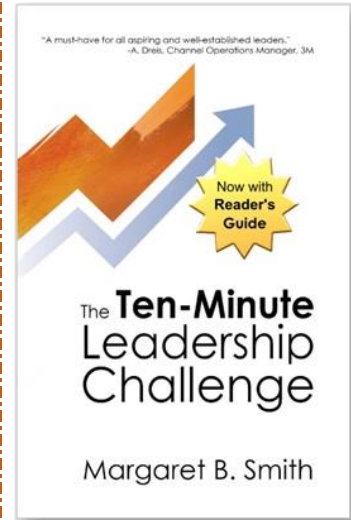
from the
UXL BLOG

So, what's holding you back? Many Americans say they are afraid of [work pile-up](#) or missing something important while they're away. Others say that they're afraid of negative repercussions (such as being denied a promotion). Still others say it isn't part of the company culture to take breaks and they don't want to stand out negatively from the crowd. If these reasons ring home to you, you might consider taking bite-sized vacations throughout the year—a day here, a day there to just relax.

A “staycation” can be just as beneficial as a vacation away from home. **Here are a few ideas** for spending more quality time relaxing, spending quality time with the family, or just getting away from the office:

1. **Explore your backyard!** Set up lawn games, grow a garden, or plan a party. Remind yourself why you have a backyard in the first place!
2. **Take a “foodie” tour.** Take a few days to explore local restaurants. Make a list of places you'd like to try and plan accordingly. You could also try restaurant-hopping (having appetizers at one place, a main course at another, and dessert at yet another). Go solo or with your spouse/family.
3. **Work on home projects.** This may not sound relaxing to everyone, but if you are a DIY-er, then there's nothing better than having a full day to devote to tinkering around the house. Come up with a list of projects you'd like to tackle (An herb garden? A fresh coat of paint on the garage? Building an outdoor picnic table?) and decide what you'd like to do first. Plan your project and buy your supplies ahead of time so you don't have to waste half of your vacation at Home Depot!
4. **Take the “Budget Challenge.”** If you'd like to have fun with your family, but don't want to break the bank, brainstorm ideas for free or low-cost activities you can do together. There are usually lots of great sites to see and things to do throughout the city that don't cost a thing (think parks, gardens, free museums, library events, beaches)**

No matter how you decide to use your free time, the important thing is that you use it! Make a conscious effort to step away from your cubicle, unplug, and enjoy a breath of fresh air. Whether you take a couple longer vacations during the year, or take a few days here and there, you should notice your attitude lift and your stress decrease.



Leadership skills need a boost? Give the Ten-Minute Leadership Challenge a try! [Available on Amazon.](#)

How to Do Less and Improve Your Career



Believe it or not, you can NOT do everything and solve every problem! This post addresses [how to effectively delegate.](#)

Women: Be True to Yourself



There were many little lessons I took away from [Chimamanda Ngozi Adichie's TED Talk](#), but one

Have fun!



Margaret Smith

**If you live in the Minneapolis-St. Paul area, here is a list of 100 things to do for free:

<http://minneapolis.about.com/od/eventsfestivals/a/100-Free-Things-To-Do-In-Minneapolis-And-St-Paul.htm>

Founder, [UXL: Creating Successful Leaders](#)

Author of [The Ten-Minute Leadership Challenge](#)

Thank You For Reading!

Please enjoy a **FREE 1/2 hour consultation** with Margaret Smith

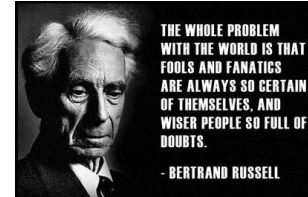


To Redeem: Email Margaret at margaret@youexcelnow.com and mention this offer.

Date of actual consultation subject to availability.

of the greatest ones was about women in the workplace... [Click here for more.](#)

Stop Scripting!



When we predict the outcome of something before it happens, that's called scripting, and it usually does us more harm than good. You CAN overcome this self-doubt hanging over your shoulder. This blog post gives you [5 steps to STOP scripting.](#)

Are YOU Sitting Down?



New studies have shown that sitting for extended periods of time can be dangerous to your health and even deadly. [Here are some great ways](#) to combat prolonged sitting.

Your Arsenal



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Discover the support, wisdom, and positive energy you need!
[Insights Discovery](#)
Learn how Insights Discovery can reveal your strengths and put them to work!
[UXL Workshops](#)
Develop new techniques and best practices. Walk away with tools that result in greater life satisfaction.

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About UXL

UXL's mission is to create leaders, promote positive change, and enable businesses and individuals to transform their dreams into reality.
Margaret Smith is a career coach, speaker, author, licensed Insights Discovery practitioner, and adjunct professor at St. Kate's University with 27 yrs experience as a Senior Leader for 3M.
[Learn More about Margaret](#)

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