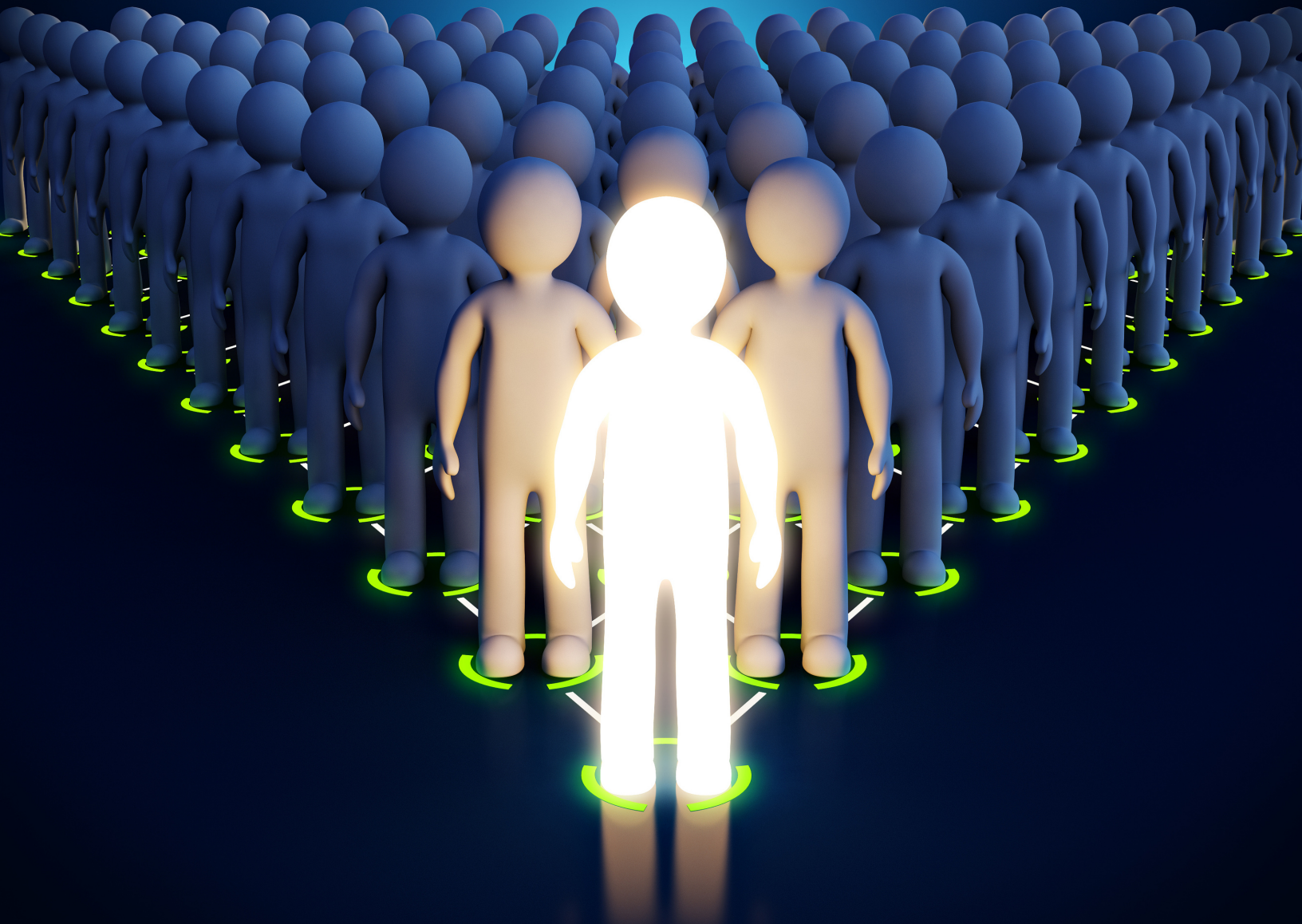




THE
JOHN BARRETT
LEADERSHIP PODCAST



LEADER GUIDE





Episode 19: How To Rest To Be Your Best

NOTES:

The secret to getting more done is not in what we do, but in what we don't do.

How To Rest:

1) Get Intentional About Making _____

2) Get Intentional About What You're Going To _____

3) Get Intentional About Creating _____