

# Take a regular day of rest

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*(Image credit: Pexels)*

A regular day of rest — a sabbath — is an important leadership practice because it enables you to fill up your tank so you can serve others. And taking a sabbath helps put your brain in task-negative mode, which leads to greater productivity and creativity.

In this video, I provide six tips for how to take a sabbath — not the least of which is to do it regularly. Although it may seem indulgent or even impractical to do so, regular deliberate periods of extended rest are an essential discipline for leaders.

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