

Hi, everyone,

Welcome to the Week Two Rest, Recover & Play tip. This week we've been talking about measuring and tracking—knowing where you've been and mapping out how far you've come. In contrast, the play tip for this week is: wander!

When I say wander, what I really mean is doing some destination- and goal-free activities.

Most sports have a goal. Many hikes have destinations. A lot of hobbies result in something made or built or finished. Of course, there's nothing wrong with these activities, and they have their place. But they don't give your "pursuit engine" a break. They don't engage that meditative recovery state. And study after study has shown that this state is absolutely essential to fueling not only our productivity, but our creativity. If you've ever wondered why many people get their best ideas in the shower or while driving, this is the answer.

When you spend a lot of time focused on actions that are driving toward specific outcomes, it's a good idea to balance that out with a goal-free activity now and then. This might include lying down and listening to a favorite piece of music, taking a hot bath, sitting in a café and watching people, doodling on a sketchpad, or going out dancing.

One of my favorite "wander" activities is going surfing. While it's true that surfing is good exercise, I don't do it for that reason. I do it for the pure joy it brings me. I do it because it's fun, because it makes me feel good, and because it clears my mind and hits the reset button better than anything else I've ever discovered.

I'd recommend making a list of goal-free, "wander" activities that you like to do, and keeping that around. When you find yourself feeling a little burned out or over-focused, pick something on your list and let yourself get lost in that activity. It will help you refresh and recharge, and you'll be ready for more focused activity.

Okay, that's it for now. See you next time.