

WALDO WALDMAN

Resilience Challenge



REFUEL & RETOOL



MISSION OBJECTIVE: DEVELOP THE DISCIPLINE TO REST YOUR MIND AND BODY TO MAINTAIN YOUR EDGE.

After a certain number of hours, jets are put in a hangar for maintenance on the airframe. If left without maintenance and rest, your physical and mental airframe can get damaged due to fatigue, burnout and stress. This is why fighter pilots are required to rest between missions. Top Gun leaders need rest and maintenance to refresh and re-energize their bodies and minds.

★ ACTION ITEM #1 ★

Debrief: List three activities you enjoy that refresh your mind and body. How many days a week do you accomplish them?

★ ACTION ITEM #2 ★

Cross check: Ask a wingman who exhibits great work-life balance for suggestions on ways they re-energize.

★ ACTION ITEM #3 ★

Schedule it: Book one or two 30-minute time slots in your day (on your calendar!), and one activity a weekend to refuel and retool.

FLIGHT LOG

Document your actions and progress below.