

Hi this is Wayne Rivers at the Family Business Institute. Thanks for tuning in. As always, we would like your comments just click below and let us know what you're thinking, feeling about the blogs and if you have any ideas for future blogs we're interested in that too.

So, next week is July the 4th so, it's our nations Independence Day and pretty much everybody's going to have their office closed and their folks are going to be at the picnics or at the beach or whatever. So, I want to talk to you about taking days off from work and specifically how to take a day off because let's face it, many of us in closely held businesses don't really know how to take time off. We say, "I'm going to the beach" but first thing every morning we check our emails, call the office, etc., etc. and my point here is that's not really a day off. If you're working it's not a day off.

So, this concept actually comes from Dan Sullivan who uses a program you've heard me talk about before, The Strategic Coach. It's a terrific program I can't say enough good things about it. But Dan Sullivan in this program has a rule for how to take time off whether it's a weekend or whether it's a week at the beach or whatever it is, okay? When you take a day off you unplug from everything business. You do not read the newspaper and look at the business section. You do not tune into Bloomberg news on CNBC or whatever it's on. You do not call the office. You do not check your email. You do not have your phone in your hand all day long on the beach checking how is this going and texting with people at work. You unplug from all of that stuff.

Now, I have to admit I'm not quite as disciplined about it as I used to be but this is how far Dan Sullivan says we should go and I actually did this, it was really uncomfortable. If you're at a party, you're taking time off. Let's say you're at July 4th and you're drinking beer around the grill and the fellows say, "Gosh how are things going at your shop? Is business good for you?" You're supposed to turn around and say, "I can't talk about that with you today because it's a free day. If you really want to talk about it then I'll be glad to call you next week and discuss it." Now, I tried that a few times and people thought I was a complete foaming at the mouth nut idiot. So that's a little awkward but the other stuff is pretty easy to do once you get used to it so you know, you don't have your laptop open checking email, you don't have your handheld device, you're not calling the office, you're not doing all that other stuff.

Now some of you are addicted and you really can't help yourself. You just say, "Well I'm just going to check my email for five minutes." Five hours later your wife says, "Would you please go for a boat ride with us?" About the only way that some of you guys can unplug is to get on a cruise ship. I'm not even kidding. Go ahead and schedule and don't do it on the cheap cruise lines 'cause you'll regret that but schedule a nice cruise, an expensive cruise with the family and you won't have any choice because half the time out there you don't have internet access and that would get you away from everything. It'll take two or three days for your mind to begin to relax but then by the end of the week you'll be a different person. You'll be eager and hungry to go back to work but you will have improved. You will have gotten better. You will have uncluttered your mind. When you go back to work you'll be more productive.

Sullivan says, and I believe this, "Most of us in business are operating at about 40 or 50% efficiency because we work so stinking hard" and my appeal to you is when you take time off for July 4th or any other holiday take time off, unplug, and get away.

This is Wayne Rivers at the Family Business Institute. Thank you.