
RECOVERY TO READINESS ROADMAP

→ Your science-backed rhythm to reset, reload, and return at full capacity.

The 3 Stages

Recover

Rest isn't enough – you must switch off fully.

- Step away from performance mode.
- Reduce cognitive load (no “light work” emails).
- Create sensory downtime – quiet, low light, no notifications.

Recharge

- Refuel your body and brain.
- Prioritise deep sleep quality, not just hours in bed.
- Hydrate and nourish with slow-release fuel.
- Add light activity (walks, stretching) to promote circulation.
- Micro-learning or creativity to spark fresh connections.

Ready

- Prime your system to perform again.
 - Run your pre-performance ritual (music, breathing, focus cue).
 - Set clear, specific goals for the next performance window.
 - Eliminate distractions before you start.
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The #1 Mistake High Performers Make

- “Stopping” isn't the same as recovering.
- Downtime that still drains you – like mindless Instagram scrolling, Netflix bingeing, or shallow work – keeps your nervous system in a low-level stress state.
- True recovery replenishes energy, restores focus, and resets your mental capacity.

How to Use This Map

- Pin it where you work or train.
- Run through all 3 stages after intense effort.
- In high-pressure seasons, cycle through the map daily – not just on weekends.

Pro Tip

- Performance isn't about going harder.
- It's about knowing when to switch off, recharge, and show up ready.

Next Step: Activate Your Performance Engine™

Your Recovery to Readiness Map is just one gear in the bigger Performance Engine™.

When you combine this reset rhythm with Flow triggers and Mental Fitness tools, you're not just coming back faster – you're returning stronger, sharper, and ready for your next high-pressure moment.

👉 Step 1 > Take the free 5-minutes [Saboteur Assessment](#).

NB: Pls select "Yes" to the question "Were you referred by a coach?"

It's revealing, insightful, and usually sparks some big "aha" moments around the mental patterns that may be quietly holding you back.

👉 Step 2 > Let's decode your top Saboteurs on a complimentary [Saboteur Discovery Session](#).

👉 Step 3 > [Activate Your Performance Engine](#)

