
RECOVERY GAME PLAN

→ Quick Start Guide to Reset, Recharge & Return Stronger

Why Recovery Matters

In sport, recovery isn't optional – it's the other half of performance. Athletes know you don't get stronger during the workout; you get stronger in the recovery.

In business, we've been sold the opposite. Hustle harder. Sleep less. Power through. But high performance without recovery is just... a countdown to burnout.

This guide helps you:

- *Spot and stop overtraining in business*
 - *Recover faster – physically and mentally*
 - *Build a rhythm that sustains peak performance year-round*
-

Five Recovery Triggers That Keep You Performing at Your Best

1. Sleep as a Non-Negotiable

Recovery starts with the basics. Sleep is your body's #1 repair mechanism.

- *Aim for 7-9 hours. Protect the first and last hour of your day from screens.*

2. Active Recovery Beats Passive Collapse

You don't need a sofa coma to recharge. Light movement accelerates repair.

- *Walks, yoga, swimming – anything that gets blood flowing without strain.*

3. Micro Breaks, Macro Gains

Your brain and body work in cycles. Use short breaks to reset before fatigue sets in.

- *5-10 minutes every hour to stretch, hydrate, breathe.*

4. Nutrition that Fuels Repair

Protein, micronutrients, and hydration rebuild tissue and replenish energy stores.

- *Eat for recovery, not just fuel – think colorful, wholesome foods.*

5. Mental Decompression

Mental fatigue is as real as physical fatigue.

- *Schedule "white space" – time with no agenda, no screen, no output required.*

Three Core Conditions for Real Recovery

- Physical Reset → Sleep, hydration, nutrition, movement in sync.
- Mental Reset → Switch off stimulation, practice mindfulness or breathing drills.
- Environmental Reset → Create spaces that signal rest – dim lights, quiet, comfort.

Your Quick Start Recovery Plan

Mon-Fri:

- Build in 2 × 10-min breaks per morning and afternoon.
- Take lunch away from your desk.
- Evening wind-down ritual: same time each night.

Sat:

- 1-2 hrs active recovery (outdoors if possible).
- Light social or creative activities.

Sun:

- No “catch-up” work.
- Plan and prepare for the week ahead with intention, not urgency.

Next Step: Activate Your Performance Engine™

Recovery is one of three pillars in your Performance Engine™.

When you combine it with Flow and Mental Fitness, you don't just avoid burnout – you build capacity for bigger wins.

👉 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](#)

