



# JIM HARSHAW JR.

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## *Revealing Failure as the Path to Success*

Success Through Failure Podcast

Action Plan Episode #306

### **14 Tactics Guaranteed to Help You Return from Vacation and Holidays Energized Instead of Exhausted, Driven Not Drained**

Do you have a hard time getting back into "work mode" after you go on vacation? Have you ever felt like you needed a vacation from your vacation before going back to work?

In this episode, we're going to talk about 14 ways to make the most of your vacation, holidays, and time off so that you feel refreshed, energized, and ready to perform better than ever!

So many times I've come back from a getaway and I'm just not ready to return to the work hustle. Either I've not been in a good mindset or I don't have a system to get back to work that would allow me to be excited and energized— or if I did, the tactics did not work!

And that's the magic of success through failure!

Looking back on what has worked for me and others in the past, I gathered the most effective methods and created a framework that you can apply to your life so you're ready to bounce back to normal from that oh-so-fun vacation or holiday without feeling drained.

Tune in now.

### **Top Quotes From This Episode**

Productive Pause: *"A short period of focused reflection around specific questions that leads to clarity of action and peace of mind."*

*"When we experience a major event, say winning the lottery or becoming paralyzed, our thermostat may temporarily swing up or down. But over time, it returns to its usual setting."* (Robert Puff, [Psychology Today](#))

*"Vacation is fun, but it shouldn't be the thing that makes you happy. Don't let that be the thing that dictates your happiness. Be happy now. Be grateful now. That will help you be happy before, during, or after vacations."*

*"Visualization is not just for Olympic gold medalist athletes. It's for us, too— for people who are just getting through the world, getting through their day."*

## **Show Notes**

### **14 Tactics to be Motivated and Energized After Your Vacation Instead of Drained and Exhausted**

1. **Productive Pause (3:52):** Do a Productive Pause and ask yourself: "When vacation's over, if I were to say that that was the most amazing holiday, what would have had to have happened?"

Creating a vacation bucket list would help with this. You can do this on your own through a journaling session or with your family on your way to the airport or to the beach.

2. **Clean up (5:45):** Clean your house before leaving for a vacation so when you come home, you'd feel good and you won't have to worry about coming home to a messy house.

Same with your office or workspace, tidy up your area or clean up your email inbox.

3. **Truly let go (6:50):** While on vacation, let go and be in the moment. Get your mind off the things outside of your excursion.

4. **Core Habits (8:08):** Sure, have fun, go drink that alcohol or ice cream! BUT just be aware of the results because your core habits are still in effect even if you're on vacation: Nutrition, sleep, exercise, for others it also includes prayer and devotion. Don't go too far because it's harder to get back on track.

5. **Know your routines (9:34):** What routines help you perform at your best? Routines that help you stay on track and get back on track?

You don't want to show up back at work not performing at your best, so having those routines in check will aid you in getting back into the "real world" feeling good and performing at your best.

6. **Hedonic Adaptation (10:37):** Vacation is fun, but it shouldn't be the thing that makes you happy. Don't let that dictate your happiness.

What are you grateful for now? Before and after vacation? Those don't change.

*"When we experience a major event, say winning the lottery or becoming paralyzed, our thermostat may temporarily swing up or down. But over time, it returns to its usual setting." (Robert Puff, Psychology Today)*

- 7. Build in some transition time (13:02):** If you return from vacation at 10 o'clock at night and you'd have to be at work early the next morning, that's going to be a hard transition. So build in that transition time; maybe even return a day early.

Consider that transition time whenever you get home to make that psychological transition.

- 8. Review your goals and micro goals (13:34):** Review your goals and micro goals when you get back from your vacation so you'll get sight of where you're currently at, what you're working on, and the direction of your life.

If you're interested in knowing the goal setting system we use in my Reveal Your Path coaching program, just go to [JimHarsahwJr.com/APPLY](http://JimHarsahwJr.com/APPLY) and sign up now for a free coaching call with me.

- 9. Plan your first day back (14:58):** It can be as simple as time blocking tasks you have to catch up on like going through your unread emails, etc.

- 10. Visualization (15:43):** Close your eyes and visualize feeling refreshed, energized, and ready to go when you get back from vacation or when the holidays are over. Do this three times before your vacation and then once a day on the last three days before the end of your break.

- 11. Change the language (17:37):** Verbally state the positive. Say things like "I am going to be refreshed" and "I can't wait to get back at it when I get home" out loud.

- 12. Unpack immediately (19:02):** When you get home, immediately get things unpacked, get the laundry going, put away your bags.

- 13. Plan something to look forward to (19:26):** This can be something major like your next vacation or something small that you wanna do the next weekend.

- 14. Be ok with a slow start (19:51):** Having a slow start is ok. It's normal. You'll eventually get your motivation back.

You don't have to follow all 14 tactics that we've just talked about. You can simply pick two or three from this list and apply them to your life.

## **List of Resources Mentioned in the Episode**

[How winning the lottery affects happiness, according to psychology research](#)  
(*Business Insider*)

Shawn Achor's ["\*The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work\*"](#)

## **Want to talk to a personal performance coach?**

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