

### **Practical Know How 7/14/22 email Catherine Bell**

I am an entrepreneur and a realist. I do need to check my emails and return calls. Here are some of the things I will do in addition (to having holiday intentions) to have more of a vacation space:

- Automatic email responses to my colleagues.
- Clear expectations for our clients about my availability (If a client really needs a check in, I will set deliberate times and spaces to do so);
- Only check my email at specific times;
- Not checking my phone outside of those specified times and not bringing my phone with me everywhere;
- Set boundaries around work and leisure time, and during leisure time not working.

I personally need to improve my root system of self-care, so during my holiday this year I am going to do a cleanse as part of it.

### **Wisdom Traditions**

The Enneagram is a personality roadmap for how we can become more present. I thought it may be fun to examine what focus each Enneagram Type could have for their summer holiday.

One – Patience and serenity with change, and accept that what is here now is good. Rest.

Two – Allow yourself to lavish in your holiday without needing to serve other people. Rest.

Three - Remember you are loved for you, not because of your accomplishments. Rest.

Four – Accept this moment as deep as it is. Take in the preciousness of your holiday. Rest.

Five - Lavish in the moment of what is. No inner head tik tok, no social media. Rest.

Six – Trust your holiday. Live in the comfort of the unknown. Rest.

Seven – Be fully present with what is occurring in your holiday. Sit in it. Rest.

Eight – Allow yourself the space in your break to be vulnerable. Let go. Rest.

Nine – Your holiday priorities are important. Take a stand for your break. Rest.