

What?

When working a G work session you guys tend to do a good g work session than take your 15 minute break somewhere

If you are using your 15 minute break to just play chess or scroll on snapchat or watch youtube, or reading a book **your doing it WRONG**

When you take these actions for your 15 minute break, your not actually giving your brain any mental rest rather just stressing it and working more

When you go take another jump at the G work session afterwards, you will find yourself stuck in the same spot and not really progressing

In order to avoid this misconception

When taking your 15 minute break, no phone time, and instead do something that rests your brain and do any of these four activities to recover, the next G work session will be like ice

Use this 15 minute break as work to bring your full intesity

Why?

If you take a restful 15 minute break, when you go back for conquest you will find that you will defeat your problems much faster and continue moving forward crushing each goal

Ex. You just finished a G work session, Go and make some food for yourself

How?

In your 15 minute session

1. Walk in nature and go experience the wilderness(Aim for 15 minutes a day if you can)
2. Meditate using the box method of breathing and being grateful and imagining a good moment in your day and imprint on your liver
3. Talking with someone, hanging out with pet, painting, pushups, 5 minutes of intense cardio