



The Recalibration Kit

NOTHING CAN FEEL
MORE LUXURIOUS THAN
PAYING ATTENTION.

philosophy *of* leisure

Hello & Welcome To philosophy *of* leisure

*In an age of speed, I began to think,
nothing could be more invigorating than going slow.
In an age of distraction, nothing can feel more
luxurious than paying attention.*

PICO IYER

We believe that as the individual goes, so goes the planet, and that the philosophy of overachievement has drastically reduced the health, happiness, physical resources and wellbeing of both.

In that spirit, we'd like to do our part in moving away from measuring success only by how much we own or achieve, and instead, recalibrate toward a life of quality over quantity—whether in food, work, dwelling, investments, relationships, travel or fashion; and with leisure as the goal, rather than spending every moment trying to work out how to be bigger, better, faster, stronger in the competitive landscape.

To that end, we've identified three key pillars that hold enormous power in deciding how happy you'll be, which, collectively, also decides how healthy our communities, businesses, countries and planet will be, as they're all inexorably connected.

According to research by the [2021 World Happiness Report](#), if we care for human beings, by way of education, quality of life measures, comprehensive health and wellbeing care, opportunities for gainful employment and

time to give back and to engage in leisure, it gives us the best possible chance to have a legion of fulfilled caretakers looking after the greater good.

The wonderful benefits of instituting the main tenets of the slow movement include:

- less comparison stress
- higher financial wellbeing
- more high quality leisure time
- greater health
- more creativity and innovation
- plentiful opportunities for altruism
- a gentler footprint

...and moments of pure, causeless joy from being unhurried, present and connected.

Below we're introducing the three pillars the PoL website will remain focused on, along with a series of workbook prompts to reflect on and answer. Begin to envision and map out what a new definition of success might look like for you, for your work, for your community, and, ultimately, for the rest of the world, with you as a contributor to its success.



TIP

We suggest using a dedicated notebook, or journal, specifically for the purpose of collecting thoughts, as there will be other exercises to add to it in the future.

NOTE: You will find additional information and resources linked below. We encourage you to browse them for further context as you work through the prompts.



PHILOSOPHY

*How can we shift my mindset toward
a new definition of success?*

*Besides the noble art of getting things done,
there is the noble art of leaving things undone. The wisdom of life consists
in the elimination of nonessentials.*

LIN YUTANG

Question:

*Is what I'm currently doing working for me, my
loved ones and for the planet?*

*If not, what is one thing I could do that would
have a positive effect, even on a small scale? Is
there anything I could change that would have a
profound effect?*

*Am I healthy, happy and well rested? What effect
does my answer have on the things I care most
about, and how does it impact the people I care for?*

Am I optimistic about the future?

How emotionally intelligent am I?

*Do I see stress as a danger, or as an opportunity to
grow?*

*Do I schedule time to be active, to learn, and to be
present, connected and altruistic every day, as these
actions are proven to lead to individual happiness?*

RESOURCES

- [*The 5 Benefits of Being Optimistic*](#), as shared by Entrepreneur.
- Test how well you're able to read other people with this [*emotional intelligence quiz*](#) by The Greater Good Science Center at the University of California, Berkeley.
- Kelly McGonigal's TED Talk on [*How to Make Stress Your Friend*](#).
- Mindfulness has a physiological impact. Learn more in [*this report*](#) from pubmed.gov. Additionally, explore these [*5 Ways to Wellbeing*](#) by neweconomics.org.

WORK

*Do I know myself, and how to build a career
of sustainable prosperity?*

Question:

Have I taken personality, strengths and career inventories, and used them to direct my choices, where possible?

Am I able to apply the $G + P + V = C$ formula, and find my calling/purpose?

Do I take an artisan or craftsperson's attitude towards whatever work I do, and have pride in my output, knowing that it has an effect on my sense of self and on the team around me?

Am I self-competitive, to encourage organic growth from where I currently am?

Have I devised a strategy for going deeper with fewer clients, as a way to enhance success, productivity and wellbeing?

Do I stand up for policies which protect and value others in the workplace, and the planet, as a whole?

Do I understand I have limited bandwidth, and have I set healthy boundaries around how much I work, and how regularly I disconnect from the digital landscape?

RESOURCES

- Take some time to explore the various **personality tests**, such as The Meyers Briggs, Enneagram, and more, as presented by Truity.
- Author Richard Leider has a 1-minute formula for reevaluating your purpose and it's this: Gifts + Passions + Values = Calling. Learn more in [this article](#).
- Even according to Harvard Business Review, [More Isn't Always Better](#).
- Explore what it means to consider diversity in the workplace and become aware of how inclusive you are in [this article](#).
- Hear stories from experts about the [negative impacts of digital life](#).

LEISURE

Do I use my discretionary time and money in ways that most benefit myself, and the greater good?

Question:

Do I get enough sleep, and of a high quality?

Do I give myself and my children unscheduled time to encourage play and creativity, and to ward off anxiety?

Do I know the difference between a want and a true need, and do I consume wisely for greater financial wellbeing, and to leave a gentler footprint?

Do I eat and move for health, rather than for comparison?

Do I feel connected to others?

Do I give of my time, talent and treasure to causes I believe in?

Do I practice slow and sustainable travel, when possible?

RESOURCES

- Browse these strategies from [Harvard Medical School](#) to help you get the rest you need.
- According to findings presented by [The Atlantic](#), all work and no play impacts our children too.
- We love Good on You for it's transparent rating system and articles like this one on [How to Buy Less Choose Well, and Make it Last.](#)
- Diet culture has long been rampant, but could it be that [slow food](#) and [intuitive eating](#) has far more benefits not only to our waistline but our happiness too?
- Learn about the [Eight Principles of Sustainable Travel](#) according to BBC.

HOW DID THAT FEEL?

We hope this planning kit has helped you to begin thinking about deconstructing your life, and questioning how things have always been, so that it might open doors to new and wonderful ways of living, working and being - for your benefit and for the benefit of everything you hold most valuable.

Our signature course, coming later this year, is designed to take your unique information, similar to what you've gathered here, and help you prioritize what you do hold dear, and to reorder your life in a way that works best for you.

Warmly,
Dee Anne
& THE POL TEAM