

How to Take a Break to Benefit Your Nonprofit

It sounds a bit counter-intuitive, but could taking a break really help your nonprofit? I was recently listening to [Ali Brown](#), the Entrepreneur Coach, about being a successful entrepreneur. She spoke about different people's practices of either 'thinking or doing'. Ali states that people typically function in 1 of 2 ways.

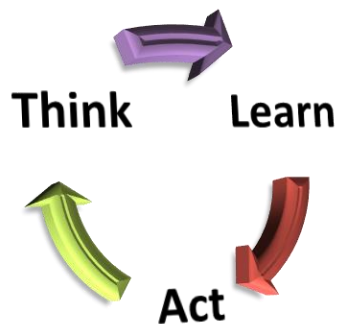
1. Spend a lot of time thinking about what they would like to do, but do not take action on their thoughts.
2. Spend a lot of time doing and working and do not take a break to think or to be strategic about their goals.

She believes that it is important to do both. I completely agree! [Callen Rush](#) gives a nice example of the importance of this by giving the analogy of digging a ditch. She states that if you want to dig a nice deep and straight ditch, you have to do two things.

1. You have to get in there and dig it.
2. You have to take time to get out and determine if you are moving in a straight line.

Callen speaks about the importance of 'doing and thinking'. In this example, you have to do the work to dig and you also have to take the time to assess if you are meeting your goal of digging a straight ditch. If not, it could be a very crooked ditch!

I find that it is important to also add 'learn' to this principle. I believe that it is critical to learn from multiple sources so that when you think, or are strategic, and then take the time to do the work, you are taking educated steps rather than guesses, hopes and dreams.



Nonprofit leaders, staff and volunteers can take a break to 'think' about what is working well, what is not working and where you want to go. Is your nonprofit meeting the required outcomes that will help it reach the organization's vision?