



REGENERATIVE PERFORMANCE

JAMES HEWITT, PH.D.
HUMAN PERFORMANCE SCIENTIST;
AUTHOR

REGENERATIVE PERFORMANCE

Balancing effort & recovery
so performance & well-being
fuel each other.



Rest is
Not a reward ~
it's what makes
great work possible.

Cognitive
GEARS



Deep,
focused
WORK

Meetings,
emails, constant
switching

Rest,
Recovery,
Reflection

Strategies
to **THRIVE:**

Maximize
HIGH



Work with your energy rhythm,
single-task, Remove distractions.

Time
MIDDLE



Batch email, filter meetings,
leverage AI.

Invest in
LOW



Prioritize sleep, take real breaks,
recharge for creativity.



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