

RECLAIMING REST TO THRIVE

Step 1: Reflect on Your Relationship with Rest

1. How do you currently define rest?

Write a few sentences about what rest means to you and how often you prioritize it in your daily life.

Do you feel guilty when you rest? Why or why not?

Explore any feelings of guilt or resistance that come up when you take a break.

What are some signals your body gives you when you're overdue for rest? Think about physical, emotional, or mental signs.

Step 2: Redefine Rest for Yourself

What activities make you feel rested and recharged? Example: Napping, walking in nature, journaling, meditating, daydreaming, etc.

What beliefs about rest do you need to let go of? Example: "Rest is unproductive," or "I need to earn rest."

Step 3: Plan Your Rest Strategy

Schedule Rest Into Your Week:

Identify at least three times this week when you'll intentionally rest. Be specific. Example: "Take a 15-minute walk on Tuesday at 3 PM," or "Unplug from social media on Sunday evening."

My Rest Plan:

Create a Restful Environment

What can you do to create a space that supports rest (e.g., silence your phone, clear clutter, dim the lights)?

Accountability Partner

Who can support you in prioritizing rest? Share your plan with someone who will encourage and hold you accountable.

Name: _____

Step 4: Reflect and Adjust

After resting, how do you feel?

Write down your thoughts after implementing your rest plan. Did it make a difference in your energy or mindset?

What can you do differently next time?

Identify what worked and what didn't so you can refine your approach to rest.