

# WEEKLY REST COMPANION



**BLOG #017**  
**SANKALPA**  
WHAT SANKALPA IS AND ISN'T?

*A gentle guide to integrating this week's Yoga Nidra themes*

THIS WEEK'S FOCUS

What does it mean to master the self?  
Explain.

.....

.....

.....

.....

.....

.....

SANKALPA

“I am the master of my Self”

How did you anchor your sankalpa?  
*(If you didn't this week, think about this section  
for next week)*

- Morning reminder       Midday Pause
- Before Rest       During Yoga Nidra

## MIDWEEK PAUSE

### QUICK TIP

Sankalpa isn't so much about attainment but rather about mastery. A mastering of what we are so we can produce what is needed.

Do you know that you have the potential  
to master yourself? Explain.

.....

.....

## REFLECT & RESET

### FRIDAY REST RITUAL

Write in your journal what self-mastery  
looks like?

.....

How did it leave you feeling?



content



tired



motivated



overwhelmed

### SUNDAY REFLECTION

“I am on my way to self-mastery because I can  
feel....”

.....

.....

.....

.....

.....

**THANK YOURSELF FOR TAKING CARE OF YOURSELF THIS WAY  
YOU'RE AN INSPIRATION TO SOMEONE!**