

# WEEKLY REST COMPANION



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

## THIS WEEK'S FOCUS SANKALPA

What does this week's sankalpa mean to you?

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## SANKALPA

"I am  
intentional  
in all that I am"

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 is already planted in you. What's important is repeating "I Am". The seed sprouts when it's ready. It can never be rushed because what you seek is seeking you. When we trust the mechanism it responds in our favor. It reminds you of what you are.

How did you apply it? What shifted?

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## REFLECT & RESET

### FRIDAY REST RITUAL

This week was a grounding exercise in letting go and finding gratitude in that!

Detachment is a practice. It teaches us how to discern what's important from what isn't!

How did it leave you feeling?



content



tired



motivated



overwhelmed

### SUNDAY REFLECTION

What supported your rest this week?

Where did you feel resistance?

What am I bringing into next week?

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