

A PLAN FOR BETTER REST

True rest recharges you. It leaves you with more energy, rather than feeling drained.

But true rest requires effort. Use the template below to think ahead of some fun ways you might choose to rest the next time you have some down time.

The next time I have _____ of free time, the thing that will be most restful or
timeframe (eg. 15-min, one week, etc)

restorative to me is _____.
activity that will help me rest and recharge

I won't want to do this activity because it's always easier to just _____.
draining activity

However, if I take the least amount of energy in order to _____,
restorative activity

then I know I will feel _____ as a result.

EXAMPLE

The next time I have **20 minutes** of free time, the thing that will be most restful or restorative to me is **reading just 2 pages from my current book**. I won't want to do this thing because it's easier to just **check in on all my social media profiles**. However, if I take the least amount of energy required in order to **read just two pages**, I know that I will feel **energized** as a result.