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WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY * KIND HEART * FIERCE MIND * BRAVE SPIRIT

Worksheet #2 - April 2016 - Rest and Recharge

When do you “push through” when you know you should rest?

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In what circumstances or situations do you commonly keep going even though you know your body is saying REST?

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What reasons do you give yourself to RESIST rest and recharging?

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What emotions do you try and avoid when you override your body's message to rest? (Eg. *Feeling guilty that you're not contributing, Feeling inadequate of not doing something all the time*)

What are your Go To options to override your body's need for rest/recharge?
Eg coffee, wine, chocolate etc

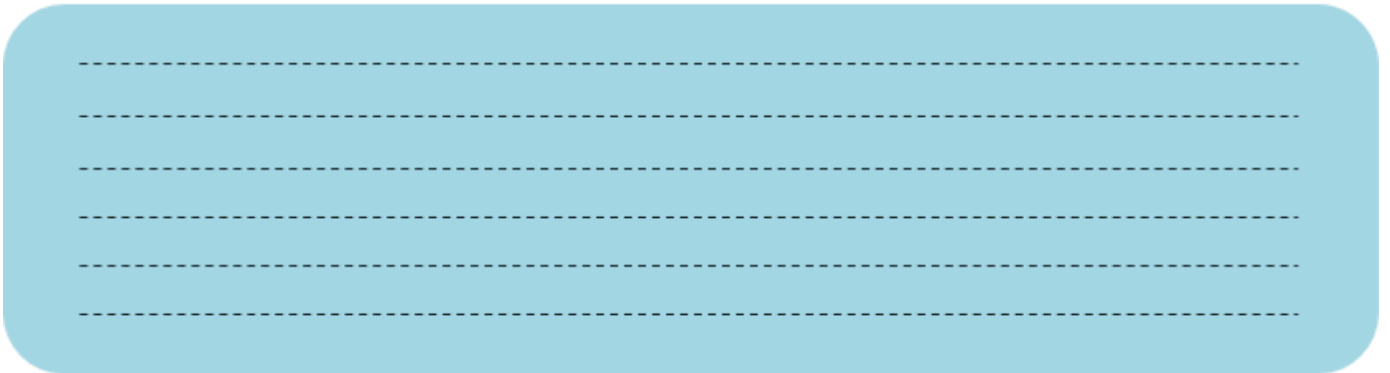
Three reasons why incorporating rest and recharge are important to you are:

- 1.
- 2.
- 3.

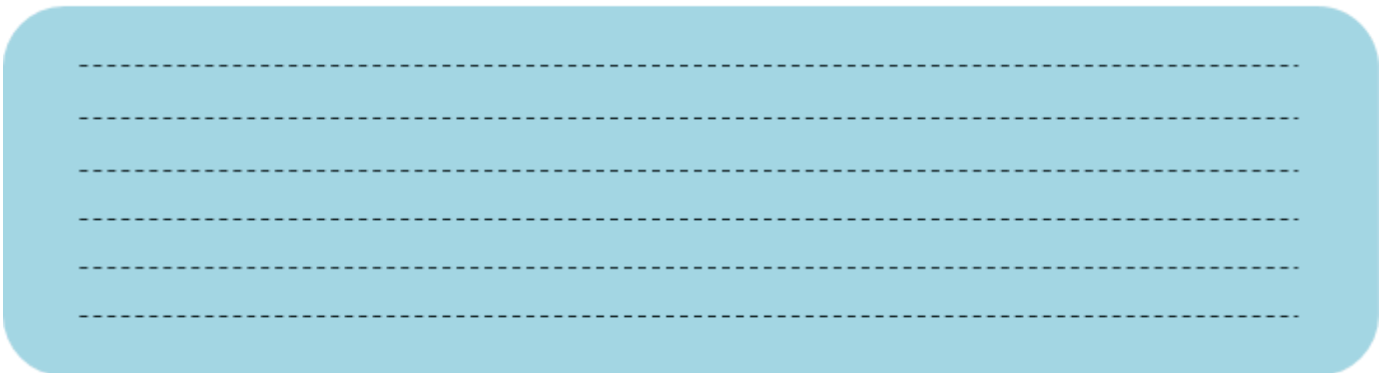
Which areas in your life do you want to change so you can better honour your body's totally valid need for rest?

MY PERSONAL REPLENISHMENT PLAN - detail the rest/relaxation/sleep you want to integrate into your life to support your 4-dimensional wellbeing:

Each day I will:



Each week I will:



Each month I commit to:

