**~ Rest and Recharge ~ Worksheet 1 - April 2016**

Fill in the fields below, whatever comes to mind is just perfect. No need to edit, just do it in a couple of minutes as a thought starter. Do this BEFORE you watch the teaching module video.

**How busy would you rate your life out of 10?**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**How many hours of sleep do you get on the average night?**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**How satisfied are you with the amount of rest you get each week?**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**Are you a Night Owl or an Early Bird?** Night Owl / Early Bird

**When in the day/eve is your energy the highest?**

|  |
| --- |
|  |

**When are your energy levels the lowest?**

|  |
| --- |
|  |

**How many coffees do you have a day?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**How do you like to relax?**

|  |
| --- |
|  |

**How often do you do this?**

|  |
| --- |
|  |

**Fill in the blanks:**

I rest when...

|  |
| --- |
|  |

Work is...

|  |
| --- |
|  |

My job is...

|  |
| --- |
|  |

I relax when...

|  |
| --- |
|  |

Doing nothing means I...

|  |
| --- |
|  |

Rest, to me, means...

|  |
| --- |
|  |

**