**~ Rest and Recharge ~ Worksheet 2 - April 2016**

**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)

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**What are your Go To options to override your body’s need for rest/recharge?**

Eg coffee, wine, chocolate etc

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

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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?**

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**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:**

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**Each week I will:**

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**Each month I commit to:**

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*Well done Gorgeous!*

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