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~ Rest Up ~ Worksheet 1 - June 2023

Hey lady! Here are 10 thought starter questions on the subject of rest ideally to be done BEFORE the tutorial. They will show you your rest baseline practices and habits: a great place to start! No judgement or editing, just answer honestly and then head over to the tutorial for your tools this month.

1. How often do you say “I’m so tired?”

2. When do you say it? Is it literally “all the time” or are there specifics?

Time of day? _____

Where are you? _____

What people are you around? _____

What’s going on? _____

3. What do you always feel exhausted after?

4. When do you feel “good” tired, and when do you just feel knackered?

5. What patterns can you home in on around your own tiredness levels?

6. What are your favourite things you do to recharge?

7. When was the last time you did these?

8. How much difference do they make?

9. What would you love to do to restore your energy? What do you think would make the biggest difference to you? Why?

10. When was the last time you felt really, really ALIVE and full of energy on all levels?

Good work! Take that insight and head over to the tutorial for your principles and tools this month. There are SEVEN TYPES OF REST. Let's dive in!

