



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Rest and Recharge ~ Worksheet 2 - April 2016

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

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

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

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

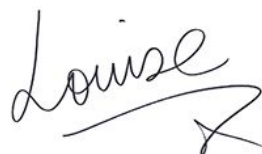
Detail the rest/relaxation/sleep you want to integrate into your life to support your 4-dimensional wellbeing

Each day I will:

Each week I will:

Each month I commit to:

Well done Gorgeous!

A handwritten signature in cursive script that reads "Louise". The signature is written in black ink and includes a stylized flourish at the end.