

The Healing Power of Doing Less

Reflection Worksheet

1. When was the last time you allowed yourself to rest without feeling guilty?

Write down what you were doing, how you felt, and what made that rest possible.

2. What are three things in your week that drain your energy unnecessarily?

Circle one of them and brainstorm a way to minimize or delegate it.

3. Describe a time when doing less led to something unexpectedly positive.

4. How does your body signal that it needs rest? List at least three signs you often ignore.

5. What does inner peace mean to you right now? Write freely for a few minutes without judging what comes up.

Take a moment after completing this worksheet to sit quietly. Let stillness settle around you and remember that doing less is a way of honoring your wellbeing.