

You Deserve Rest: Reflection Worksheet

This worksheet is designed to help you explore your relationship with rest, release guilt, and practice gentle ways of renewal in your daily life.

Reflection Prompts

- When was the last time you rested without guilt?
- What thoughts or beliefs make you feel like you must 'earn' rest?
- How does your body tell you it needs to pause?

Gentle Rest Practices

- Schedule one 10-minute break today and treat it as non-negotiable.
- Write down three simple activities that bring you comfort without draining your energy.
- Practice one micro-rest moment: close your eyes, breathe deeply for two minutes, and notice how you feel afterward.

Reframing Rest as a Right

- Write one affirmation about rest (e.g., 'Rest is my right, not a reward').
- Reflect on how taking rest could positively impact your relationships, work, and overall well-being.
- Note one way you can model healthy rest habits for others in your life.