

MAKING A JOY & REST LIST



How can I **REST** in
mind, body, & soul?

What are some activities that
are **FUN** & enlivening?

What are practices I can add
that are **SIMPLE**?

What can I do that is **PASSIVE**
(reduce energy when
stressed)?

What can I do that is **ACTIVE**
(increase energy when I need
a boost)?

Most importantly -
What brings me **JOY**?