



PART ONE

REST & RESTORE

You are strong





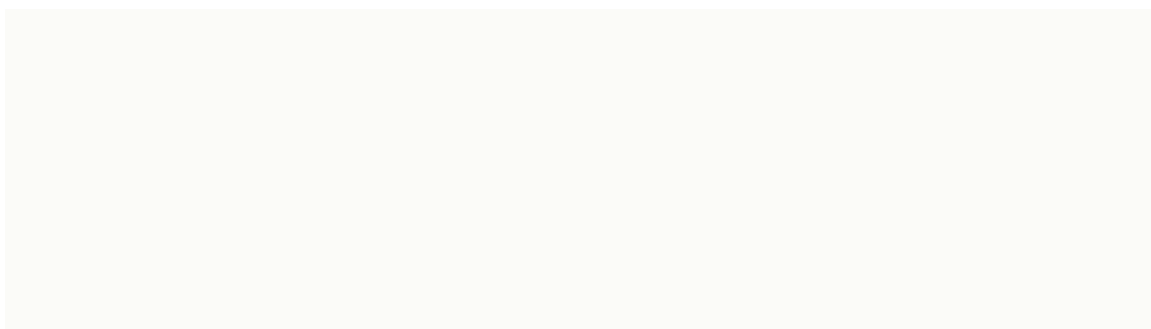
"Don't underestimate the value of doing nothing, of just going along, listening to all the things you can't hear, and not bothering."

- A.A. Milne

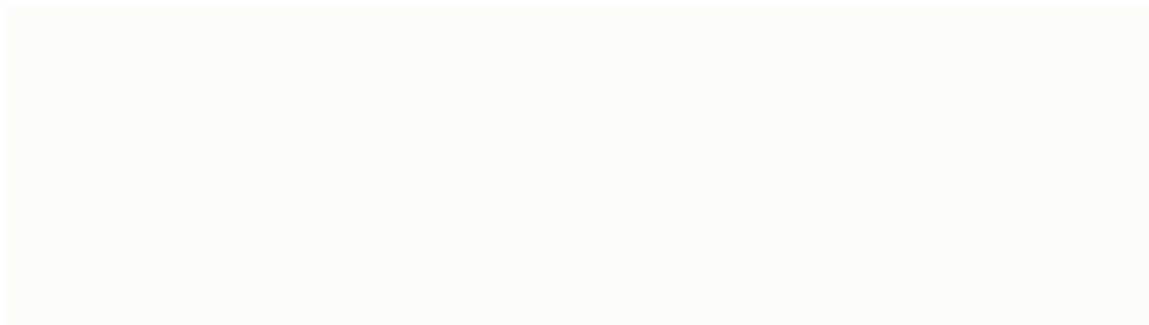


REST AND RESTORE

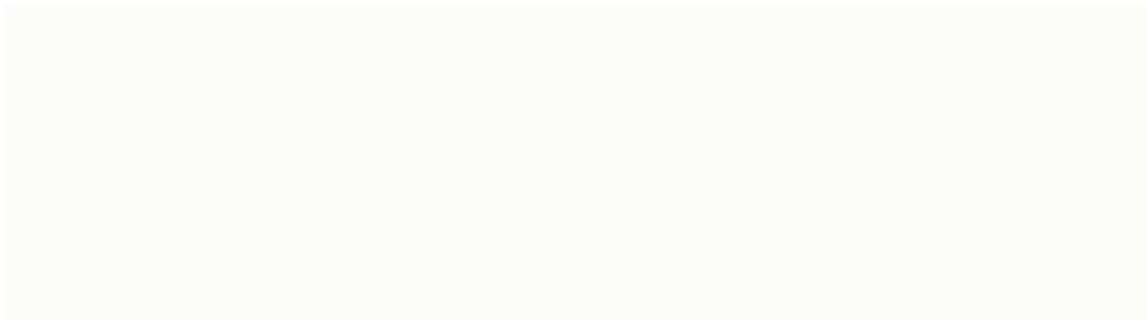
Do you have any goals and intentions for part one?



What obstacles are in the way of these?



What are you going to do to reach your goals and intentions?

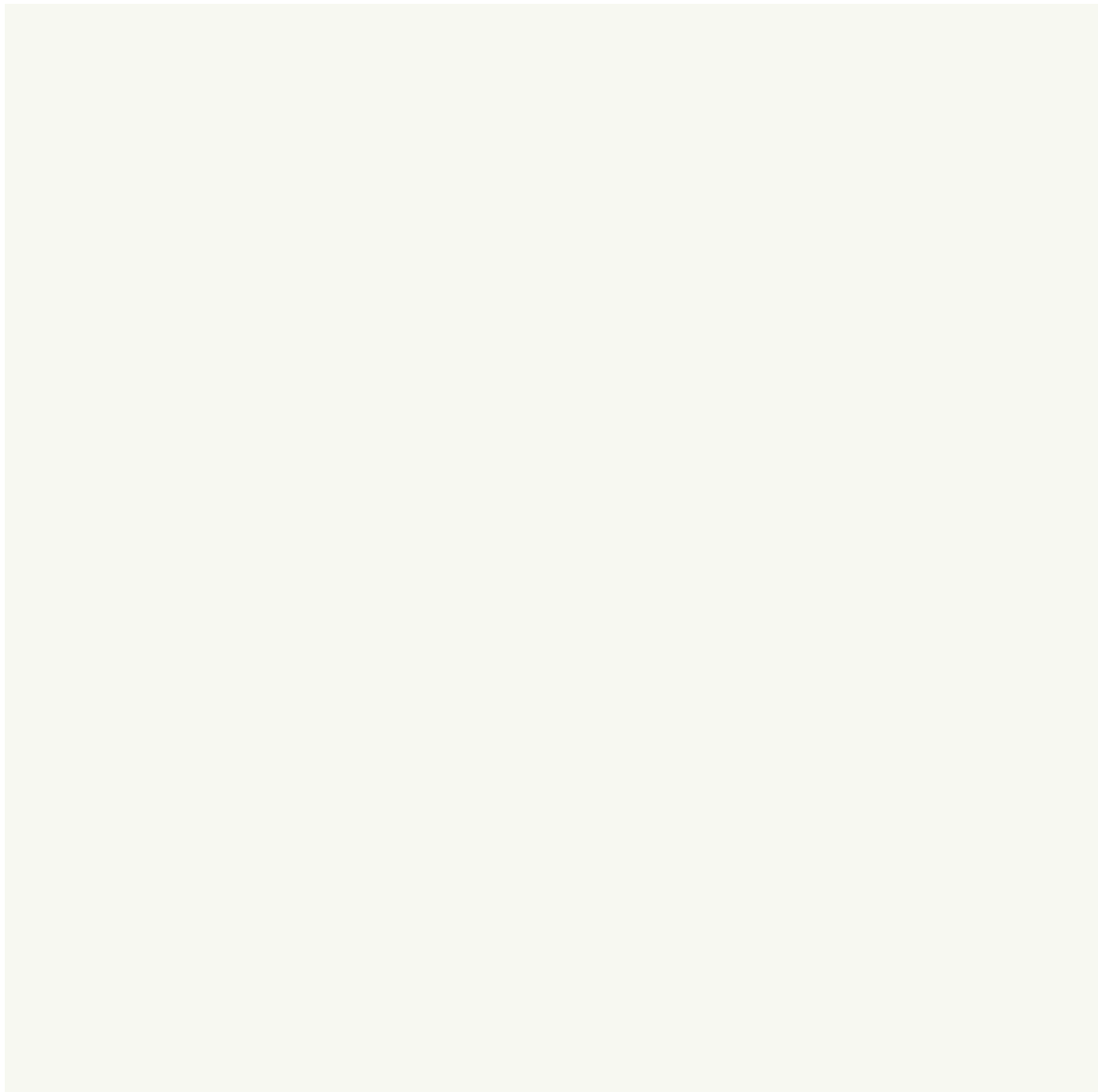




Notes

REST AND RESTORE

What does Rest and restore mean to you?



Notes



PRACTICES FOR THE WEEK

SELF CARE PRACTICE

MINDFUL ACTIVITY

PHYSICAL PRACTICE

EMBODIMENT EXPLORATION

MEDITATION

Notes



YOUR PRACTICE REVIEW

WHICH PRACTICE(S)
RESONATED WITH YOU MOST?

WHICH PRACTICE(S)
RESONATED WITH YOU LEAST?

WHICH PRACTICES WOULD YOU LIKE
TO EXPLORE MORE/AGAIN/INSTEAD?

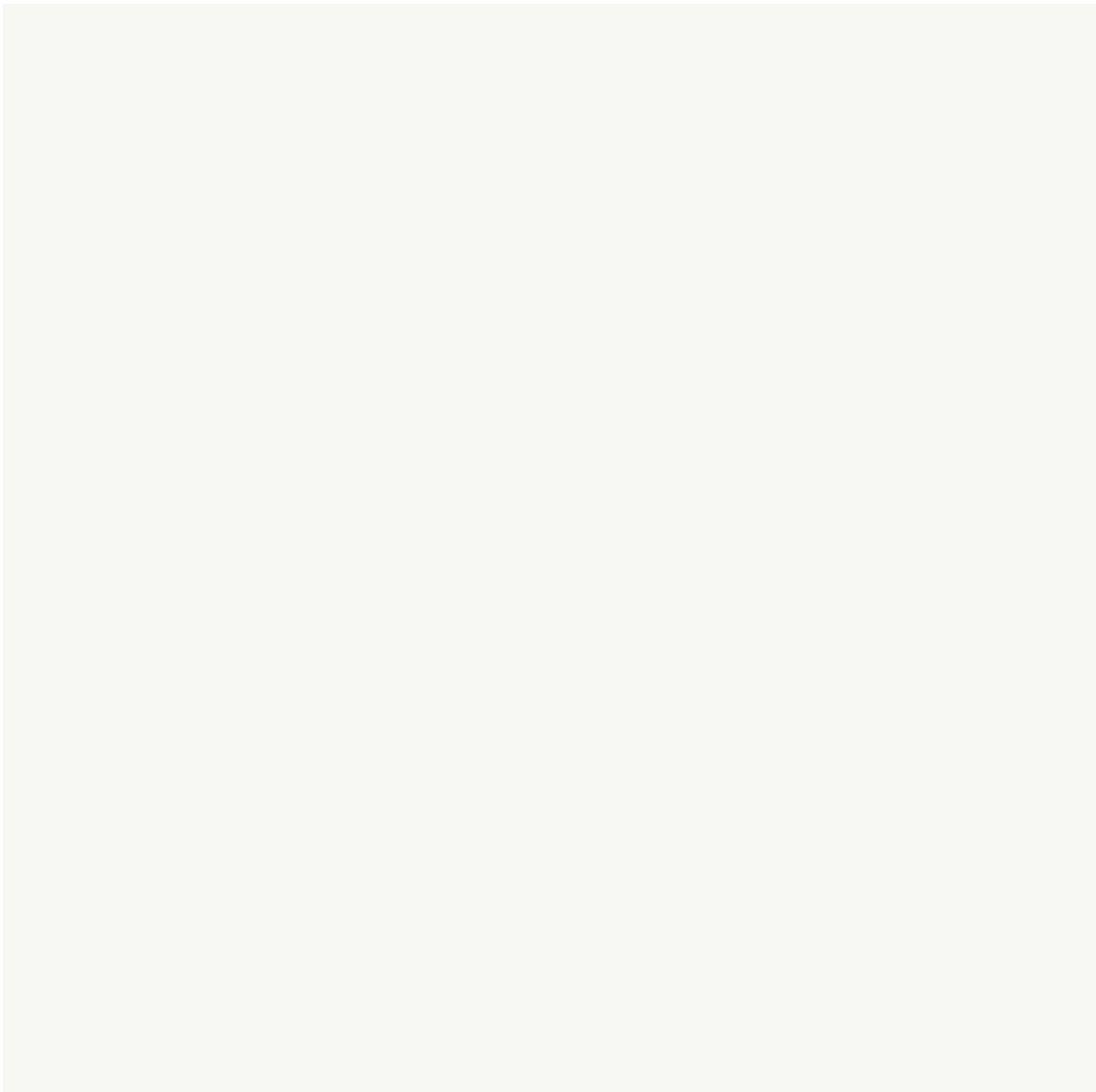
Notes



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REST AND RESTORE

Have you embraced any new ways to Rest and Restore?



PART ONE REVIEW



Your main takeaways from part one:

A large, empty rectangular box with a light beige background, intended for the user to write their main takeaways from part one.

A change you plan to make: or an addition you will embrace:

A large, empty rectangular box with a light beige background, intended for the user to write a change they plan to make or an addition they will embrace.



Have your supports changed?

Empty text box for response.

How are you managing difficulties?

Empty text box for response.

Is there any other support you can call on?

Empty text box for response.



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