

Rest & Recharge



Resting and recharging your body and mind are so important to feeling good, this includes restorative sleep and doing fun things that give you energy during the day.

To me, My Rest & Recharge means... _____

I make time for My Rest & Recharge because... _____

Fun things that fuel me are ... _____

I would like to take action with My Rest & Recharge by... _____

I need support in order to... _____