

Worksheet 2: Your Creative Energy Flow

Purpose: Use this tracker to observe when you feel most creative and what factors influence your creativity.

Date	Creative Activity	Time of Day	Energy Level Before (1-10)	Energy Level After (1-10)	Notes

Reflection questions:

1. When do you feel the most creatively energised?
2. What activities or habits support your creative flow?
3. Are there times when creativity feels forced? What might help ease that pressure?

Worksheet 3: Rest & Recharge Tracker

Purpose: Use this tracker to log different types of rest that you engage in throughout the week. Pay attention to how each type of rest (physical, mental, emotional) impacts your energy levels, and note any patterns.

Area of Life	Boundary Needed	How to Communicate

Reflection questions:

1. Which type of rest has the most noticeable impact on your well-being?

2. Are there any surprising findings about the activities that recharge you?

3. Make a list of tasks you often do out of habit or societal pressure, but feel drained by. How can you replace or adjust these with activities that contribute to your well-being?

4. What non-work activities do you feel most productive doing? (e.g., resting, reading, enjoying a hobby) Why do these feel productive to you?

3. How can you make this rest ritual feel like an intentional act of self-care, not a waste of time? (e.g., by thinking of it as a time for mental clarity, peace, or emotional recovery).

4. What external reminders (like a calming playlist or lighting a candle) can you use to signal to your mind that it's time to rest?

Worksheet 6: Mindful Rest Practices

Purpose: This checklist will guide you through different types of rest, both active and passive. Use this list to explore which activities work best for you, and track them over time.

Rest practice	Active (engaging body or mind)	Passive (relaxing body or mind)	Duration	How it Feels
Breathing exercises				
Stretching or yoga				
Taking a walk in nature				
Listening to calming music				
Meditation				
Reading a book				
Favourite warming drink				
Having a nap				

Reflection questions:

1. Which of these practices feel the most restorative for you?
2. Are there any practices you'd like to try more often to incorporate more mindful rest into your life?

Worksheet 7: Permission Slip to Rest

Purpose: Sometimes, we need a reminder that it is okay to take a break. Fill out this "permission slip" to give yourself explicit permission to rest without guilt.

Dear [Your Name]

You have permission to rest.

You do not need to be constantly productive to deserve relaxation.

You are worthy of rest, and rest is an important part of your wellbeing.

Take time to recharge, to be kind to yourself, and to let go of the pressure to be "doing" all the time.

You deserve this time for yourself. Enjoy it.

Love from
[Your Name]