

3. Think about a time when you pushed yourself too hard and didn't allow for rest. How did that affect your physical and mental well-being? What might have been different if you had prioritised rest?

4. Write a letter to yourself from the perspective of someone who deeply understands and values rest. What advice would they give you?

Worksheet 2: Energy Tracker

Purpose: Use this tracker to log your activities throughout the day and rate how they impact your energy. The goal is to identify what energises you and what drains you, so you can create more space for softness.

Date	Activity	Energy Impact (1-10)	Notes

Reflection questions:

1. What activities consistently leave you feeling drained?
2. Which ones feel nourishing or energising?
3. Are there patterns you can notice in your energy throughout the week?

Worksheet 3: Rest & Recharge Tracker

Purpose: Identify areas of your life where boundaries are needed and create plans for setting and communicating them gently.

Area of Life	Boundary Needed	How to communicate
Socialising with others	Limited social events or noisy gatherings	Politely declining or suggesting alternatives like quieter settings
Work life balance	Setting work hours to avoid burnout	Clearly communicate work hours and personal time to colleagues
Family or Friends	Saying no to unsolicited advice	Use 'I feel...' language and express needs directly
Digital communication	Limiting time spent on social media or devices	Set a timer or use apps that limit screen time

Reflection questions:

1. How comfortable are you with saying 'no' to things that don't align with your need for rest or peace?

2. Are there any areas of your life where you feel the need for stronger boundaries?

3. What kind of spaces, physical and emotional, make you feel safe, calm and at ease? How can you create more of these environments in your daily life?

4. How do you want to feel at the end of your ideal day? You can write this as a short story or vision of your perfect evening.