

# REST & SELF-CARE WORKSHEET

*It's easy for us to say we don't have time, yet we've never taken the time to evaluate where all our time's going.*

*This worksheet is designed to help you identify things your doing with your actual time and reorganize it in order to spend it getting rest and practicing self-care.*

**INSTRUCTIONS:** Identify your daily habits and activities in order to find the extra time you need to get rest.

**STOP DOING**

**DO  
LESS OF**

**KEEP DOING**

**DO  
MORE OF**

**START DOING**

