

30 DAY

Rest Challenge

.....
rest challenge example

self- reflection	physical rest	mental rest	emotional rest	creative rest
social rest	sensory rest	spiritual rest	physical rest	mental rest
emotional rest	creative rest	social rest	sensory rest	spiritual rest
physical rest	mental rest	emotional rest	creative rest	social rest
sensory rest	spiritual rest	physical rest	mental rest	emotional rest
creative rest	social rest	sensory rest	spiritual rest	self- reflection (review)

30 DAY

Rest Challenge

.....
calendar

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

30 DAY

Rest Challenge

.....
my rest challenge

30 DAY

Rest Challenge

.....
notes

30 DAY

Rest Challenge

.....
self-reflection

30 DAY

Rest Challenge

.....
journal

30 DAY

Rest Challenge

.....
brain dump