

REST. REWIRE. RENEW.

Reflection Worksheet from Dove Wilson

REST

Circle the kind (s) of rest you need most right now: Physical, social, cognitive, spiritual, sensory, creative, mental. What small steps can you take in the next week to rebalance your rest and life?

REWIRE

When you're under stress, what part of your stress response shows up strongest?

What would you like to change or rewire to be calmer and more resilient?

What's one thing you can do to begin to rewire your response?

RENEW — Looking for the Good

What was the best part of your day today?

Who are you appreciating most right now?

What's a strength you appreciate about yourself right now?

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