

Rest plan

Rest broken down by type, so you get the kind you're actually short of.

»I rested« often means lying beside a screen, which doesn't give the body back what it spent. The types of rest **don't substitute for one another**. Rate each and put the lowest-scoring one into your week.

Rating

TYPE OF REST	WHEN I LAST HAD IT	RATING 0-10	WHAT WOULD GIVE IT TO ME

The types

1. Physical — sleep, lying down, stretching
2. Sensory — quiet, no screens, no bright light
3. Emotional — time free of other people's demands
4. Social — people you don't have to make an effort around
5. Creative — something beautiful, with no purpose

Next week

Which type do I put in the calendar, and when?

What do I have to cancel for it?
