

# Fresh Start

## WEEK 2

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### Rest

“Have regular hours for work and play; make each day both useful and pleasant, and prove that you understand the worth of time by employing it well.”  
--Louisa May Alcott

### Notes, Thoughts & Ideas

WORDS THAT DESCRIBE “REST” TO YOU:

#### DAILY REST

Daily rest is not finding the time to rest, but making the time to rest. Make time to refresh, renew, and recharge.

#### WEEKLY REST

#### MONTHLY OR SEASONAL REST

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### Rest

#### YEARLY REST

What in my life nourishes me and enlivens me (activities, relationships, etc)?  
What is missing from my life that would truly nourish me?

#### OTHER TYPES OF REST

HOW WILL YOU MAKE TIME FOR REST THIS WEEK?