



SLEEP & REST

VERY IMPORTANT NOTES

A gentle place to
notice rest, tiredness,
and rhythm



W E L C O M E

This journal is not about fixing your sleep.
It is not about routines, targets, or tracking hours.

It is a place to pause.

To notice how you feel.

To listen to what your body and mind might
be asking for.

You can write a little or a lot.

You can come back to it often or only when you
need to.

There is no right way to use these pages.

HOW TO USE THIS JOURNAL

You might use this journal:

At the end of the day, to unwind

In the morning, to reflect on how you feel

During a tired or stressful period

Whenever you feel out of rhythm

There is no need to fill every page.

Some days you may write a sentence.

Other days, more.

This journal is here to hold your thoughts quietly,
without judgement.

HOW I FEEL RIGHT NOW

Take a moment to check in with yourself...

TODAY, I FEEL:

MY ENERGY LEVEL FEELS LIKE:

Very Low

Low

Steady

Good

Rested

WHAT KIND OF TIRED AM I: *(Physical / Mental / Emotional / Overstimulated / Not sure)*

VERY IMPORTANT NOTES

HOW I SLEPT

If you want to note it...

MY ENERGY LEVEL FEELS LIKE:

Poorly

Lightly

On/Off

Well

Better than expected

WHAT I NOTICED ABOUT MY SLEEP:

ANYTHING THAT HELPED OR MADE IT HARDER:

REST BEYOND SLEEP

Rest is not just about closing your eyes..

MY ENERGY LEVEL FEELS LIKE:

Quiet Time

Fresh Air

A Slow Moment

Space from Screens

Time Alone

Gentle Movement

Doing Nothing

Anything Else?

WHAT HELPED ME FEEL EVEN SLIGHTLY MORE SETTLED TODAY?

VERY IMPORTANT NOTES

WHAT'S DRAINING ME RIGHT NOW

Sometimes tiredness comes from carrying too much...

THINGS THAT FEEL HEAVY AT THE MOMENT:

IS THERE ANYTHING HERE I COULD PAUSE, POSTPONE, OR LET GO OF - EVEN BRIEFLY?

VERY IMPORTANT NOTES

WHAT MY BODY MIGHT BE ASKING FOR

Without overthinking...

RIGHT NOW, I THINK I NEED MORE OF...

AND MAYBE LESS OF...

A KIND CHECK-IN

No need to explain it perfectly. Just noticing is enough....

IF I SPOKE TO MYSELF KINDLY TODAY, I WOULD SAY:

SOMETHING I DID WELL TODAY, EVEN IF IT FELT SMALL:

BEFORE I CLOSE THIS PAGE

You can set something down, even briefly...

ONE THOUGHT I WANT TO LEAVE HERE FOR NOW:

ONE GENTLE INTENTION FOR REST OR RECOVERY:

You do not need to earn rest.

You do not need to explain your tiredness.

You do not need to have it all figured out.

Rest is not weakness.

It is part of being human.

*This journal is simply a place to notice,
soften, and breathe.*



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