



TICK THE BOXES OF HOW YOU ARE EXPERIENCING LIFE AT THE MOMENT

- I feel unrushed
- I feel energised most of the time
- I feel healthy and well.
- I am sleeping well.
- I have time and space to do the things I love.
- I am eating well
- I am grateful for what I have.
- I am tolerance to those close to me.
- I feel socially connected
- I look forward to what the future brings.

IT IS TIME TO REST,  
if you ticked less than 6 in  
this checklist.

Time to Rest  
Checklist