

HOMEWORK SHEET

AWAKEN YOUR INTUITION

JOURNALING PROMPTS for REFLECTION

REST

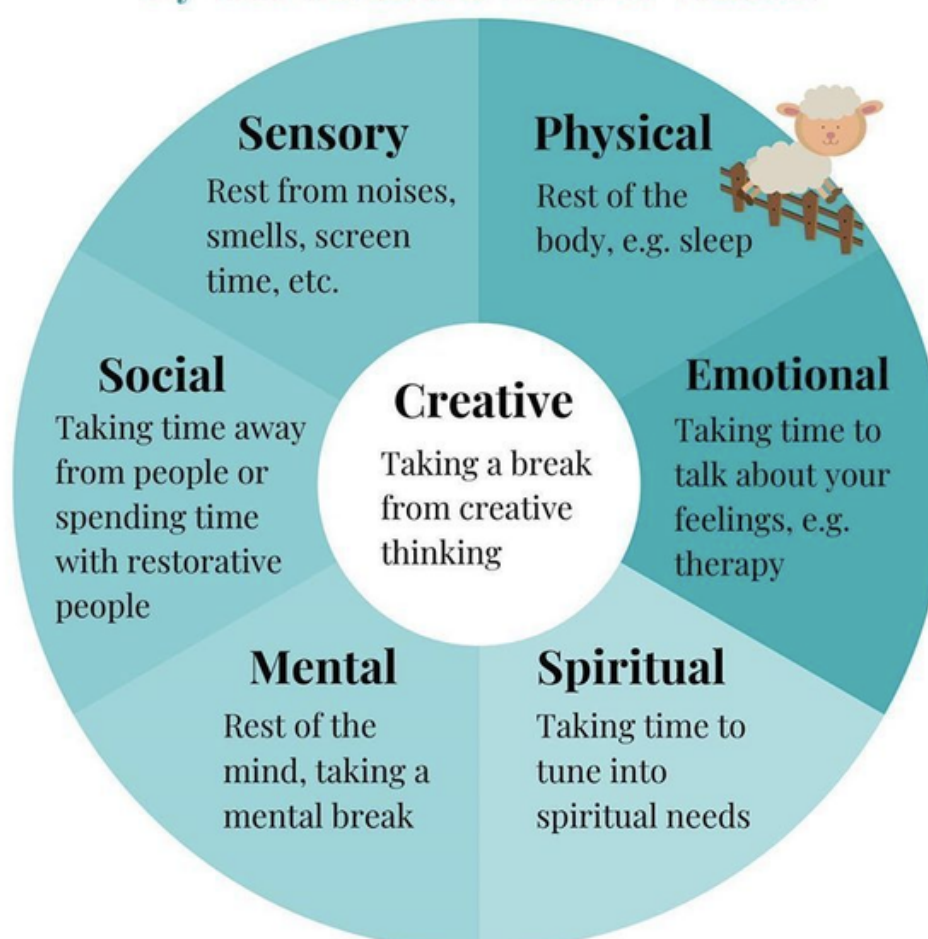
How does it feel to you to fully rest?

What is your relationship to rest?

From the 7 types we explored, which is most lacking for your right now?

For balance, where does your cup feel very full and satisfied?

The 7 Types of Rest By Dr. Sandra Dalton-Smith



LIBRARY RECOMMENDATIONS for REST

Give me Space & Purposeful Rest - meditation category

Drained & Depleted - cycle category

Self care Sunday category

WEEKLY FOCUS

EXPANSION

Tomorrow we celebrate Beltane.

The point between the spring equinox & the summer solstice.

A time of expansion, blooming, abundance, celebration & fertility.

What are you creating, birthing or celebrating right now?

Where can you practice gratitude for the abundance that is there, rather than what is not?

Food for thought for the week...

Where do you want to grow?

